



School Board to fill Morris vacancy Fri.

The Cameron Parish School Board will hold a special meeting at 9 a.m., Friday, Jan. 20 to consider what steps to take to fill the School Board vacancy created by the death of Clifton Morris on Jan. 12.

The meeting will be held at the LSU AgCenter office on Gulf Highway south of Lake Charles.

Mr. Morris' term would have ended at the first board meeting in January, 2007 when board members were sworn in for new terms.

Dr. Doug Chance said that since Mr. Morris died in less than a year before the next school board election, state law gives the School Board authority to appoint someone to complete his term.

Due to the fact that a large number of Cameron Parish residents are still living outside the parish because of Hurricane Rita, the School Board has passed a resolution asking the Legislature to extend the terms of the present board members for one year.

Whether this legislation would also extend the term of Mr. Morris' replacement will depend on the wording of the legislation, Dr. Chance said.

Mr. Morris had been in ill health for more than two years, but until recently had been attending board meetings.

Prescription aid available

A representative from Med Services, the Prescription Cost Management Program, will be at the Cameron Council On Aging Office in Grand Lake on the first and third Wednesdays of the month, from 9:30 a.m. until 12 noon to answer any questions about the program and to sign up interested participants.

The Cameron COA Office is located at 951 Hwy. 384 in Grand Lake.

Auxiliary aids and services are available upon request to individuals with disabilities.

Seminar set

The Cameron Council on Aging, Community Action Agency and Faith Share groups will sponsor a seminar on the rules and regulations pertaining to rebuilding. The seminar will feature representatives from the permit office, sewer systems officer and water company representative. The seminar will be held on Jan. 24 at 6 p.m. at the Grand Lake Multi-Purpose Building. The seminar will be a time for questions and answers for your rebuilding needs.

Food for Seniors

Food for Seniors food boxes will be distributed Friday, Jan. 20 from 8 a.m. to 12 noon at the Grand Lake Multi-Purpose building.



School Bd. member dies Thurs.

Clifton "Bobo" Morris, Jr., 53, Cameron Parish School Board member for the past seven years, died Thursday, Jan. 12, 2006 at his home in Johnson Bayou.

He was in his second term on the School Board and represented the Johnson Bayou-Holly Beach area.

A graduate of West Orange, Tex. High School, he was employed by the Texaco Oil Co. in Port Arthur for seven years and was employed by Mobil Oil & JM Test Equipment for a number of years.

He was a Texas Army National Guard veteran and a Mason. He served on the Johnson Bayou Recreation Board for eight years and had been one of the first volunteers in the Johnson Bayou Fire Dept.

He had been active in the annual Cameron Parish Beach Cleanup.

Funeral services were held Saturday, Jan. 24 at Robison Funeral Home Chapel in Sulphur. The Rev. Jimmy Sanner, Father Roland Vaughan, Rev. Lee Fogleman and Rev. Loren Burnett officiated.

Burial was in Head of the Hollow Cemetery in Johnson Bayou.

He is survived by his wife, Patricia Hennigan Morris of Johnson Bayou; two sons, Donald Morris and wife Christina, and Ronnie "Dale" Morris, all of Kingwood, Tex.; two brothers, Wayne Morris and Rex Bullard, both of Orange, Tex. and one granddaughter.

Notary exams

The notarial examination for Cameron Parish will be given Monday, March 13, 2006. Applications may be picked up at Jones Law Firm, 1409 Ryan Street, Lake Charles, La., during regular business hours and must be returned by Monday, Feb. 6, 2006.

Hospital vote set Saturday

On Saturday, Jan. 21, a proposed bond issue will be presented to the voters in Wards 4 and 7 in Calcasieu Parish and Ward 6 of Cameron Parish. The request is being made by West Calcasieu Cameron Hospital for a total of \$25 million in general obligation bonds. The initial amount to be used is \$10 million.

The total request is for \$25 million, however first bonds issued will be \$10 million for a new Intensive Care Unit and remodeling of existing patient rooms.

The remaining \$15 million will not be used unless approved by both Calcasieu and Cameron Parish Police Juries, ensuring that any planned projects will be in the best interest of the public.

WCCH has been providing care to the communities of Sulphur, Westlake, Hackberry and Vinton for over 52 years. The hospital currently provides jobs to 625 employees.

This proposed tax is homestead exempt. Approval of this proposition will cost many voters nothing at all. The amount of tax paid is dependent upon the assessed value of the home.

Polling places are moved

Due to the damage caused by Hurricane Rita to the voting precincts located at the Hackberry Recreation Center, polling places have been relocated to the Hackberry Fire Station for the Calcasieu-Cameron Hospital Service District election to be held Saturday, Jan. 21.

This move was authorized and approved by a resolution passed on Jan. 3, 2006 by the Cameron Parish Police Jury, according to Carl Broussard, Clerk of Court.

Church seeks its members

FBC MEMBERS SOUGHT
The First Baptist Church of Cameron would like to locate all of its members to keep them informed about the progress of the church.

Members are asked to contact Paul or Cyndi Sellers at 337-764-3352 or P.O. Box 44, Cameron, LA 70631 and leave contact information. They would also like to know who plans to return to Cameron.

January is
Volunteer Blood
Donor Month



CAMERON PARISH President Douaine Conner received the \$100,000 check from Wal-Mart. The funds will be placed in the general fund for hurricane recovery. Shown above, from left, were: Roderick Scott, Douaine Conner, Tony Hulsey, Kimberly Randle, and G. Taraizzy.

Courthouse to open for business Mar. 1

By **CYNDI SELLERS**

The Cameron Court House will re-open for business on March 1 according to Judge H. Ward Fontenot, of the 38th Judicial District.

At a meeting held last Thursday, major tenants of the building met with parish officials to learn the status of repairs and make a plan for re-opening parish offices.

Fontenot, Clerk of Court Carl Broussard, Parish Assessor Bobby Conner, Sheriff Theos Duhan, District Attorney Cecil Sanner, Parish Administrator Tina Horn, and Police Jury President Douaine Conner met with representatives of Jeff Davis Electric Co-op, Seven-O Electric (contractor), and the Cameron Water and Wastewater District. School Supt. Dr. Doug Chance was present as well.

Fontenot said the group looked at the difficulty of return. Water, sewage, and electrical service to the court house are in place, but road safety is still an issue. Health service can be provided by the

D-MAT emergency center.

Of concern is the fact that a jury trial is set for early this spring which will require the calling of 200 potential jurors. Arrangements will have to be made for feeding the group, and it is hoped that there will be retail gasoline available by that time.

Once the office re-locates to Cameron, Fontenot hopes the Postal Service will make arrangements to deliver mail there.

The Clerk of Court's office plans to be in place two weeks prior to the court's opening, in order to get ready for the work the court will generate, according to Carl Broussard. The transfer of the computer system will be done over a weekend, he said.

Broussard said the second floor electricity is stable and the office there is already being used for making copies. He plans to tear out two partition walls and enlarge the main office, installing mobile shelving to house the base-maint records, which are now in boxes.

During the remodeling, a trailer will be placed in the parking lot to house some of the staff. Broussard hopes to have it in place in two weeks.

Tax Assessor Bobby Conner said he must remain in the Jennings office until the end of February, due to legal requirements of the tax notification procedure.

Conner, whose entire staff has been working in a 13' x 8.5' cubicle since the storm, said "We can't wait to get back" to Cameron.

He also explained that it is necessary for all of his staff to be in one location because the different divisions within the office must be able to work with the others at all times.

When the Clerk of Court's office goes back to Cameron, however, his office will go back also. The two agencies work closely together and must be in the same location.

The District Attorney's Office will be set up in a mobile office on the court house square when court resumes there.

Cont. on Page 3.

South Cameron Hospital is committed to reopening

By **JENNIFER JONES**
JONES LAW FIRM

At the request of the Cameron Parish Police Jury and the Cameron Pilot, I am providing an update on the status of health care services in Cameron Parish following Hurricane Rita.

As you are all aware, our only hospital and rural clinic were both destroyed in the storm. We have obtained a temporary facility to be used as a rural health clinic, located in the Grand Lake area. We expect this facility to be cleared to open any day now. Once the clinic is opened, our Nurse Practitioner, Ms. Linda Chevalier, will be present on site to provide medical care.

The United States Public Health Service has been providing emergency care from a trailer located on the courthouse square in Cameron. At a recent conference in New Orleans, we were informed that this facility will leave on Jan. 31. However, there is at this time a mobile home located in the parking lot of South Cameron Memorial Hospital. We are told that the U.S. Public Health Service will bring in an R. V. to be used in connection with this trailer to provide emergency services. How long this will be in place is uncertain; we are hoping to prevail upon the federal authorities to remain present until we can establish a temporary facility in Creole.

Federal regulations preclude us from operating in the federal facilities. The Hospital Board plans to go to Tennessee to see a modular facility which could be used as an emergency room and eight-bed unit. While the hospital may be able to obtain federal reimbursement for the cost of this facility (or a portion of it), we are told that FEMA cannot fund this expense in advance and can only reimburse us for money we have already spent.

The Hospital Service

District is exploring different options to obtain this funding, including a USDA loan, community block grant or funds from the Louisiana Recovery Authority. The hospital was insured, but not in an adequate amount to support rebuilding at current code requirements.

I would like to address the rumor that the Hospital Service District is spending its insurance money and/or tax money on Calcasieu Oaks, the geriatric psychiatric facility in Lake Charles. This is totally FALSE. Income from Calcasieu Oaks is used to keep Creole employees on the payroll, not the other way around.

We have used a small amount of our insurance money to do site work at the rural health clinic in Grand Lake. This is the only place we are able to operate at this time, and we want to keep as

many of our local people employed as possible.

Further, many of the people from lower Cameron Parish are temporarily located in Grand Lake, and we want to provide them with badly needed health care services. However, make no mistake that the Hospital Service District is firmly committed to returning to permanent operations at a hospital in Creole, whatever it takes.

With the generous help of Cheniere Energy, we are also hoping to expand services to the Johnson Bayou/Holly Beach area. However we will only expand our hospital service district with approval of the Police Jury and the current maintenance tax for the hospital will only be effective in areas west of the river if approved by a vote of the people.

Cont. on pg. 9

Johnson Bayou rural health clinic studied

By **JENNIFER JONES**

As you all know, the South Cameron Memorial Hospital was destroyed by Hurricane Rita. We are working to obtain federal and/or state funding to rebuild the hospital, but this does not address the need for medical care for residents living west of the Calcasieu River. This has long been a concern of the Lower Cameron Hospital Service District.

The Hospital Service District has been approached by Cheniere Energy regarding the construction of a rural health clinic in the Holly Beach/Johnson Bayou area. We are very interested in making this happen. Such a facility would be of benefit not only to residents, but also to industry.

The first step is to expand

the hospital service district to include this area. According to Louisiana law, this is done by the Police Jury. The Police Jury would have to vote to amend the parish ordinance setting the boundaries of the hospital service district. However, this would not mean that the current maintenance tax would be in effect for the new area.

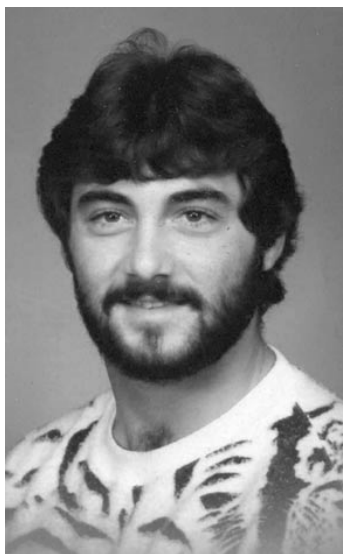
Before residents and businesses of Holly Beach and Johnson Bayou would be subject to the maintenance tax, an election would have to be held. THIS IS A HOMESTEAD EXEMPT TAX. Therefore, if your property is homestead exempt, YOU WOULD PAY NO TAX and would still have the benefit of the new rural health clinic. Moreover, if no rural health

Cont. on Page 9.



RED CROSS volunteers are shown organizing piles of recovery supplies for returning Cameron Parish residents. Ice chests, wheel barrows, shovels, rakes, mops, brooms, cleaning kits, etc. were handed out. (Photo by Cyndi Sellers.)

Funerals



JESSE GLENN RACCA

Jesse Glenn Racca, 41, died Thursday, Jan. 12, 2006 in Sulphur.

He was a native of Cameron and lived in the Sulphur area. He was a member of the full Gospel Church. He worked as an engineer for Omega Protein.

Survivors include his mother, Gloria Racca of Cameron; one son, Jesse Adam Racca of Sulphur; two daughters, Jessica Rachele Racca and Jana Newman Racca, both of Sulphur; two sisters, Melissa Ann Racca Bridges of Grand Lake and Debbie Racca of Cameron.

His funeral was held Sunday, Jan. 15, at Hixson Funeral Home of Lake Charles. The Revs. Jeannie George and Amanda Seymour officiated. Burial was in Peshoff Cemetery.

IONA MAE GILES

Funeral services for Mrs. Iona Mae Giles, 86, were held at Hixson Funeral Home Chapel Tuesday, Jan. 10, with interment in First Baptist Cemetery in Cameron. The Rev. Wallace Primeaux officiated.

Mrs. Giles died Jan. 8, 2006.

She lived in Cameron for 70 years and in a nursing

home in Welsh for four years. She was preceded in death by her husband, A. W. Giles, who worked with Jeff Davis Electric in Cameron.

She is survived by two daughters, Meredith Monte and husband Kenneth, and Elizabeth Boudreaux and husband Perry, eight grandchildren, 12 great-grandchildren and six great-great-grandchildren.

JOSEPH E. "JACK" THERIOT

Joseph E. "Jack" Theriot, 78, died Tuesday, Jan. 10, 2006, in his residence in Moss Bluff.

He was a native of Grand Chenier and had lived in Moss Bluff for 13 years. He was a veteran of the U. S. Army serving in World War II. He was a member of Moss Bluff United Methodist Church and served as a chaplain for the DAV Chapter.

Survivors include his wife Mrs. Hazel M. Theriot of Moss Bluff; one son, James Theriot of Creole; one daughter, Debra Ann Mobley of Natchitoches; two stepdaughters, Lorena Alice Trahan of Lake Charles and Leona Mae Elliott of Irvington, Ala.; two sisters, Artemise Boudreaux and Letha Mae Savoie, both of Creole; one half sister, Lucille Miller of Little Chenier; seven grandchildren; seven step-grandchildren; 12 great-grandchildren; and two step-great-grandchildren.

His funeral was held Friday Jan. 13, at Hixson Funeral Home. The Rev. Stewart Sherman officiated. Burial was in Prien Memorial Park Cemetery.



It Seems Just Like Yesterday



By Keith Hambrick

Cameron Pilot, Oct. 10, 1968.
'GATOR ROUNDUP'
 Some 211 alligators, 2 to 5 feet long were captured on the Sabine National Wildlife Refuge south of Hackberry during September and released on a new wildlife management area in Terrebonne Parish.

Refuge Manager John Walther said the alligators were captured by a crew of the La. Wildlife & Fisheries Commission from the Rockefeller Refuge and by some LSU wildlife students.

Both air boats and regular boats were used in the capture but Manager Walther declined to give the details of the actual capture. "We have enough trouble with the poachers now," he said. "No use in telling them how to capture the alligators"

He said that the state hopes to build up its 'gator population' in Terrebonne Parish. Alligator hunting has been prohibited in La. for a number of years as the state tries to build up the number of the reptiles.

NEWS NOTES

Portions of the Sabine and Lacassine Refuges in Cameron Parish again will be opened to public duck and goose hunting this season, according to Managers John Walther and James Roberts. The areas opened are the same as last year--about 10,000 acres on Rockefeller south of Hackberry and 5,400 acres on Lacassine south of the Intracoastal Canal.

Members of the West Cameron Port Harbor and Terminal District held their first meeting Oct. 3 at Fred's Restaurant in Cameron. Members present included Conway LeBleu, Norman McCall, Howard Cox, Ernest Devall, Clifford Jinks, John DeBarge, and Alfred Devall. J. P. Constance was unable to attend. Officers elected to serve two year terms are Conway LeBleu, President; John A. DeBarge, Vice President; Norman McCall, Secretary-Treasurer. Benny Soug of Cameron was selected to be the ninth commissioner.

Officers of the Cameron Parish Teachers Association were elected last week. They are: President, Columbus Conner; Vice President, J. C. Reina; Secretary, Don Broussard; Treasurer, Leo Coe; Principal delegate, John DeBarge. Leslie Griffith, son of Mr. and Mrs. S. W. Griffith was the recipient of the Teacher's annual scholarship.

Officers of the Cameron Parish 4-H Executive Committee are Rosalie LaBove, President; Ricky White, Vice-President Hackberry; Darlene Guidry, Secretary, Grand Lake; Linda Constance, Treasurer, Hackberry; Jean McCall, Reporter Grand Chenier; and Sonny McGhee, parliamentarian, Johnson Bayou.

Mr. and Mrs. Earl Mouton, who have operated the Western Auto Store in Cameron for the past year, have won an all-expense paid cruise from New York to Bermuda for being top store in their class in a recent sales contest. The Moutons exceeded their quota by 350 percent to win over 120 stores in their class throughout the nation.

J. B. Erbeling has been appointed by Sheriff Claude Eagleson to replace Peter (Tan) Constance as deputy in Holly Beach-Johnson Bayou Mr. Constance resigned last week after many years as deputy in this area.

The Grand Chenier Little League football Packers beat Cameron 40-0 Wednesday night and gained at least a tie for the parish championship. Jody McCall, David Dupuie and Dale McCall led the Grand Chenier offense.

With such good weather on the Chenier in the past weeks cattlemen were very busy with hay cutting. Many hundreds of bales have been harvested. The rain which began Saturday stopped the hay harvesting for a while but was very much needed by farmers and cattlemen who were waiting to plant rye grass and gardens. This week folks will be busy planting their fall gardens.

4-H Club members from Grand Lake-Sweetlake who attended the Executive Committee meeting in Cameron Oct. 30 were Darlene and Ricky Guidry, Mike Chesson, Kenneth Duhon, Laura Lynn Hebert and David; also local 4-H leader and member of the Sweetlake HD Club, Mrs Mervin Chesson.

In the Rt. 1, Cameron area, Francis Nunez of Port Arthur spent several days with Mrs. Elray LaBove and visited Mrs. Armogene Theriot Mrs. Archie Nunez, Mr. and Mrs. Russell Nunez. Also visiting Mrs. LaBove were Mrs. Frank Hooper and Debbie of Big Lake.

Airman First Class Roger D. Jinks, son of Mr. and Mrs. Ira Jinks, of Johnson Bayou, has received the U. S. Air Force Commendation Medal at Bien Hoa AB Vietnam.

Phone system 100%

Cameron Communications' phone, digital television and high-speed Internet services are now at 100 percent pre-hurricane condition in Cameron Parish.

"Thanks to our group of loyal, dedicated employees, repairs throughout our infrastructure in Cameron Parish are complete and we can provide complete communications solutions to businesses and residents who are able to receive service," Robert Large, Cameron Communications' Hurricane Response Team Leader, said. "Being able to reconnect businesses and residents as they are

coming back is a crucial step to the recovery of Cameron Parish and we are proud to be able to keep the community connected."

In addition to having service restored in the parish, Cameron Communications is also continuing to expand services in Grand Lake in response to the many people who have relocated to the area from lower Cameron Parish.

Customers desiring more information in reestablishing communications should call (800) 737-3900 to speak with a customer care professional.



THE CORPORATION for National and Community Service has awarded \$1.7 million to Southwest Louisiana Area Health Education Center. Shown above, from left, were Nomico Guillory, AmeriCorps Coordinator; Angela Jouett, AmeriCorps Program Director; and Nick Derouen, AmeriCorps Coordinator.

Grant given to support AmeriCorps storm aid

The Corporation for National and Community Service has awarded \$1.7 million to Southwest Louisiana Area Health Education Center to support an additional 115 AmeriCorps members in rebuilding the community infrastructure of Southwest Louisiana. Services include, but are not limited to, mentoring at-risk youth, coordinating medical services for the underserved in the community, assisting low income families with housing applications, providing life skills training, and distributing food and supplies to area residents.

"AmeriCorps is playing a critical role in helping people put their lives back together after this terrible tragedy, and this grant will significantly expand those efforts," said David Eisner, CEO of the Corporation for National and Community Services, which oversees AmeriCorps.

This grant is part of a total of \$15 million in AmeriCorps

funds that the Corporation has set aside specifically to support the AmeriCorps hurricane recovery efforts. Individuals who serve in AmeriCorps are eligible to earn an AmeriCorps Education Award for college tuition or to help pay student loans.

"We are extremely excited to be able to increase our number of volunteers and site members and rise to the challenge of rebuilding our community through our partnership with Southwest Louisiana Area Health Education Center," said Angela Jouett, AmeriCorps Program Director for Southwest Louisiana.

The mission of Southwest Louisiana Area Health Education Center is to improve health status through access to information, education and health services. SWLAHEC is a non-profit agency covering thirteen parishes in southwest Louisiana.

-The CAMERON PARISH PILOT- (USPS 086-980)

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Thank You,

To: The Pastor and People of Grand Lake Faith Temple

From: The Pastor and People of St. Eugene Catholic Church. . .

 A heartfelt thank you for your generous help in stopping the rain through the roof of our church and stopping the winter wind through the damaged side walls. Our worship can now be warmer and drier because You saw our need and provided "cover" to one of His least brothers, as in "Lord, when did we see you a stranger and welcome you, or naked and clothe you? ...Amen, I say whatever you did for one of these least brothers of mine, you did for me." (Matthew 25:38-40).

 It is such a joy to experience Christians looking past the superficial differences that separate us and functioning as the Body of Christ.

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WCC

West Calcasieu Cameron Hospital
 www.wcch.com

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MATILDA LABOVE was first in line in Creole Saturday to receive supplies from the Red Cross. She arrived at 6 a.m. for the 10 a.m. distribution. (Photo by Cyndi Sellers.)



LONG LINES formed at Red Cross distribution sites over the weekend. This line in Creole stretched from 7X Square back to Gaspard's at 9 a.m. on Saturday. (Photo by Cyndi Sellers.)

Where are they now?

BY NELL COLLIGAN

WORKING HOLIDAYS

By the time this issue of the Pilot comes out, we will be beyond Martin Luther King Jr.'s birthday. Nevertheless, it's not too late to remind ourselves that it's not the color of our skin that matters, but the content of our hearts.

The King holiday during the first half of January, coupled with days off for the Fur Festival (although not this year) plays havoc with teachers trying to settle the kids down after the Christmas break. It does seem to be a lot of holidays bunched together, although the Fur Festival represented a lot of hard work, not just "days off."

I remember the year I left the hospital and started

school nursing in Cameron Parish. Being a hospital nurse for twenty years, I was accustomed to working holidays. For example, if you had Christmas off, you knew you would be working New Year's Day.

I was hired at the school board office about two weeks before Thanksgiving. I worked two weeks, had a week off for Thanksgiving. Then I worked a few more weeks, had two weeks off for Christmas and New Year's. I truly thought I had died and gone to Heaven!

Because of working all those holidays at the hospital, my heart goes out to those who must work holidays and shift work to keep their jobs. In the past, mainly hospital workers worked at night.

Now there are shift workers everywhere: at all night diners, pharmacies, gas stations, on the oil rigs and the crew boats, and of course, WalMart before the storm.

Some of you have found temporary jobs to fill the gap until you are up and running again, or permanent jobs with these kinds of schedules. To all the shift workers and the holiday-workers: thanks for being there for us while everyone else is asleep or with their families. We really do appreciate what you do.

MARGARITA FREDERICK

Now for the news. Our old friend, Oscar Garcia called to tell me his mother, Margarita Frederick is with her son, Carlos, in San Antonio. She is doing well and has no plans to rebuild in Cameron.

Margarita misses all of the friends she had in Cameron: through her church, her beauty shop, and from her association with the Cameron Volunteer Fire Department. Her late husband, Ray, was a volunteer fire fighter for many years, and Margarita was always at his side for their functions.

Margarita went way beyond the call of duty for my mother-in-law, Gertrude Colligan, when she was living. She came to Old Mamma's house to perm her hair whenever the need arose, ever so gracious and with a smile.

We will always remember her kindness. My guess is that she did that for other home-bound senior citizens who were her customers through the years. I don't know any other place on earth that a beautician would do that except a little town like Cameron.

Oscar moved to Sulphur about seven years ago, but says he is still "a Tarpon in my heart." He reads the Cameron Pilot online every week to keep up with his old friends. He can be reached at: MCT-SPU; SEPCo EP Americas; Morgan City, La. 70380. Phone: 252-5358. Or: o.garcia@shell.com (Don't forget to put the dot between o and garcia.) I will try to get Margarita's address next week.

SUE BURAS

Edward Peterson called to give us news of Mrs. Sue Buras. When Mrs. Buras initially evacuated before Rita, she went to her granddaughter's home in Ft. Worth. Now she is living with her daughter, Joyce Holcomb, in Sterling, Michigan.

Her house in Cameron sustained a lot of wind and water damage. She plans to give the go-ahead to demolish it. At 84, she is not able to return and rebuild. She would love to hear from her old friends in Cameron.

Mrs. Buras can be reached at: 8555 Winchester Drive; Sterling, Michigan 48313-3160. Phone: 586-932-6330

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BETTY SAVOY

I did succeed in locating Betty Savoy. She is living in Grand Lake with her daughter Kathy and Giz Guilbeau. Betty has been hospitalized at St. Patrick's Hospital this week, diagnosed with pneumonia. In addition to treating her pneumonia, the physical therapists are putting her through her paces. She celebrated her birthday Jan. 19, but a late card is always as welcome as one on time.

She may be in the hospital a little longer. After that, she can be reached at: 905-1102. Her mail goes to: 119 Muskrat Trail; Lake Charles/Grand Lake, La. 70607.

COLUMN TO BE ON WEB

Kathy Tell, the volunteer Cameron Parish Archives File Manager has asked permission to post the "Where Are They Now?" columns on their web site. They would post it on a special "Hurricane Rita Remembered" page, minus the personal addresses, e-mail addresses, and phone numbers.

I asked Jerry Wise what he thought about this idea, and he said it would be a valuable way for people around the country to find out about Cameron Parish evacuees. Naturally, I gave the go-ahead. We will put something in the column about this listing after it goes into effect and where to find it on the Internet.

DOXEY HOUSE

Mike McCall sent me a good picture of the Doxey House which I forwarded on to Kathy Tell. It shows some outside damage, but it is hard to tell what the inside looks like. Maybe someone else could tell us more.

It was interesting to see that the boards on the left hand side of Doxey House (that were exposed after the exterior horizontal siding was blown away) are nailed at a 45 degree angle. I've been told that's what held those old houses together.

Please send your news to: 302 Trailwood Lane; Lafayette, La. 70508. Phone: 337-988-5395. nnad67@aol.com

Courthouse--from Page 1

Sheriff Duhon, looking for "a little normalcy," is ready to move his dispatchers, tax office, and criminal records division into his second floor offices as soon as the generator is re-routed and the furnace is connected.

The jail will take a while longer, since the basement kitchen and jail HVAC unit will have to be replaced.

The power went out in Cameron on Tuesday, due to weather, and the court house generator failed to kick on, requiring the use of a secondary generator on the ground to operate the radio room.

The Police Jury has ordered a modular building to be placed on the parish's 80 acres on Hwy 385, one mile south of the parish line. The office in Cameron will continue to be located in the modular building beside the court house, north of Hebert Abstract.

Fontenot said the court is trying to move back to

Cameron to help give the people a feeling of recovery and to give a "shot in the arm" to the local economy. Some considerations weighed against the decision, however, such as the fact that very few people live in Cameron at this time and no attorneys have offices there.

"The arrangement in Lake Charles is certainly more convenient," he said. "Every situation has to be addressed and analyzed to make sure no one is unduly handicapped by the move."

Plans are to have periodic meetings to check on the progress of repairs. The Police Jury is to hire a cleaning company to restore the court room and offices, move EOC equipment out, and move the court benches back in. The air conditioning is working, and the new furnace has reportedly been delivered.



Happy New Year

Thomas "T. J." Kramer
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South Cameron High School News

SCHOLARSHIP NEWS

Mr. Broussard has FAFSA forms for TOPS and Federal Aid. The following scholarship applications may be picked up in Mr. Broussard's office: Scholarship for those majoring in Surveying and related fields, ESA Foundation Scholarship, Municipal Clerks Scholarship, AFL-CIO, Miss Teen America, Walmart, Got Milk Scholarship and various Agriculture related scholarships.

SENIOR NEWS

A Financial Aid meeting will be held at 10 a.m. on Feb. 1 in the library. All interested parents and students should attend.

JUNIOR NEWS

Any junior interested in attending Junior Day at Northwestern University on Jan. 28 needs to contact Mr. Broussard.

HOMECOMING NEWS

The most unique results for Homecoming Queen occurred this week. South

Cameron High student body elected two queens. Meagan Trahan and D'Nae Desonier were crowned Homecoming Queens. The Homecoming Dance will be on Saturday, Jan. 21 from 7 - 11 p.m. Pictures will begin at 5 p.m.

DANCELIN

The Tarpon Danceline is selling pajama pants. Any one wanting to place an order needs to contact a Danceline member.

LADY TARPON BASKETBALL

Team members are selling royal blue hoodies that cost \$30. For more information contact Coach McKoin.

SCHOOL CALENDAR

Jan. 20 - Basketball Merryville (away).

Jan. 21 - Homecoming Dance.
Jan. 24 - 29 - District Livestock Show.
Jan. 24 - Basketball Oberlin (away).
Jan. 26 - Basketball Basile (away).



Meagan Trahan and D'Nae Desonier were crowned Homecoming Queens at South Cameron High School. The Homecoming Dance will be on Saturday, Jan. 21 from 7 - 11 p.m.

Livestock show deadline

Attention all livestock exhibitors, Friday, Jan. 20 is the deadline to turn in all Sale Contract Cards. Cards are due to the 4-H Office located at the Calcasieu Parish LSU AgCenter by 4 p.m.

and will be distributed at the District Show on Thursday, Jan. 26, at 5 p.m. All tickets will be given out by Mr. Jake near the swine arena in the livestock barn.

Please contact the 4-H Office if you have any questions at 562-8900.

Rodeo tickets are also in

"Garments of Praise" Boutique

Second Hand clothes for a donation of \$1 per bag.

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Living Waters Community Church
1551 E. Napoleon St ~ Sulphur ~ 527-9643

Mon. Tues Thurs 9am - 3pm

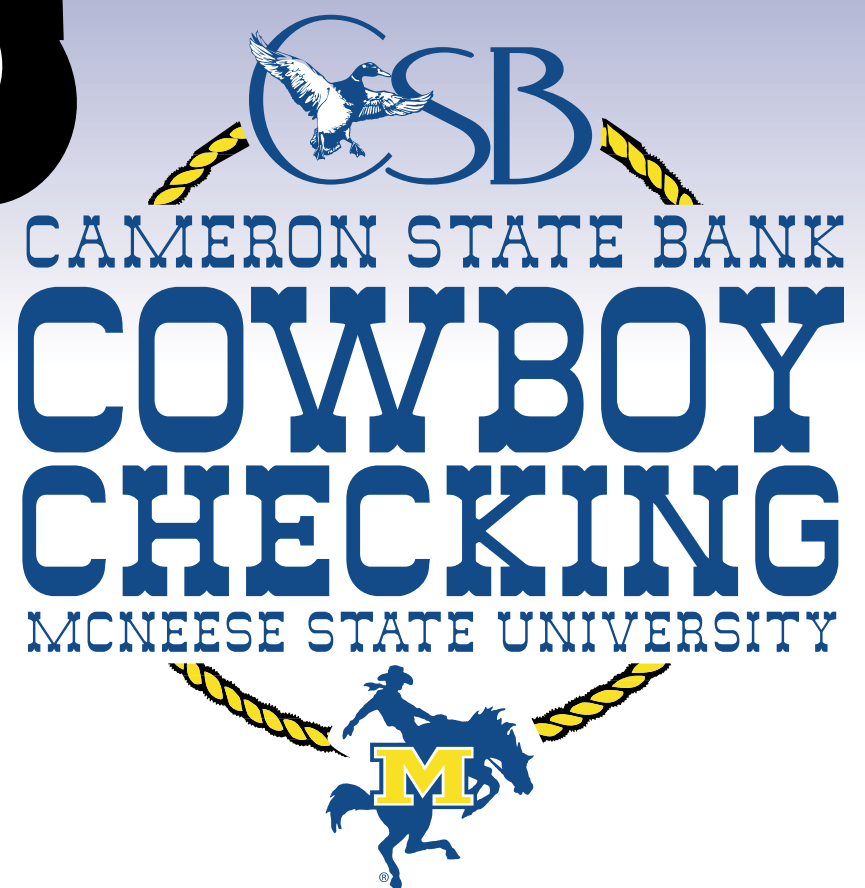
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CAMERON STATE UNIVERSITY...TWO GREAT HOME TEAMS



PICTURED ABOVE is the Jean Velior Theriot home on Chenier Perdue, built in 1847, before and after Hurricane Rita. Eugene Theriot, 95, said the part now gone was the original part of the house built by his grandfather. Loretta Theriot, a great-granddaughter, is the owner of the home.

Cameron men featured Davis home demolished due to Rita

The December issue of Kinfolks, the Southwest Louisiana Genealogical Society publication, contains an article of interest to persons doing genealogical research on Cameron Parish families.

The article, abstracted by Raymond H. Banks, lists Cameron parish men who registered for the military draft in 1917 and 1918. They did not necessarily go into service.

The list was started several issues ago with the current issue listing names starting with R and ending with Y.

There are numerous list-

ings of Richards, Rutherfords, Savoies, Sweeneys, Theriots, Trahans, Vincents, Welchs, among others.

Birth dates are listed, all in the 1800's, along with places of residence.

The December publication also contains a long article on the history of the Acadians.

Single copies of Kinfolks may be obtained for \$4 each (plus postage) by writing SWLGS, P. O. Box 5652, Lake Charles, LA 70606-5658.

Memberships, which include a subscription to Kinfolks, are \$12 for individuals and \$17 for families.

By CYNDI SELLERS

The historic Austin David home in Cameron, which was built in 1844 and was one of the oldest homes in Cameron Parish, was demolished Saturday. It had suffered too much damage in Hurricane Rita to be saved.

The home was featured in the book "Louisiana Homes, If Walls Could Talk," written by Nola Mae Ross and published in 1997. The author

THE HISTORIC Austin Davis home in Cameron, built in 1844, was demolished on Saturday. It had suffered severe damage from the storm. During Hurricane Audrey the home was a refuge for 152 people, but Rita was too much for the old place.

(Photo by Cyndi Sellers.)

wrote this about the home:

"This home in Cameron built in 1844 was the original home of George Washington Wakefield. He bought his lumber in Lake Charles, tied it on a raft and poled his heavy load about 70 miles down the Calcasieu River to

the building site.

"It took nearly a year for a builder, Dr. Hollister, to construct this sturdy home.

"During Hurricane Audrey in 1957, when very few homes withstood that gigantic tidal wave, this one not only remained upright but fur-

nished shelter for about 150 storm refugees.

The next owner of this home was James Austin Wakefield, son of the original owner followed by J. Austin Davis, a nephew. Today Davis' daughter, Mrs. Wilma Bride, owns the home."

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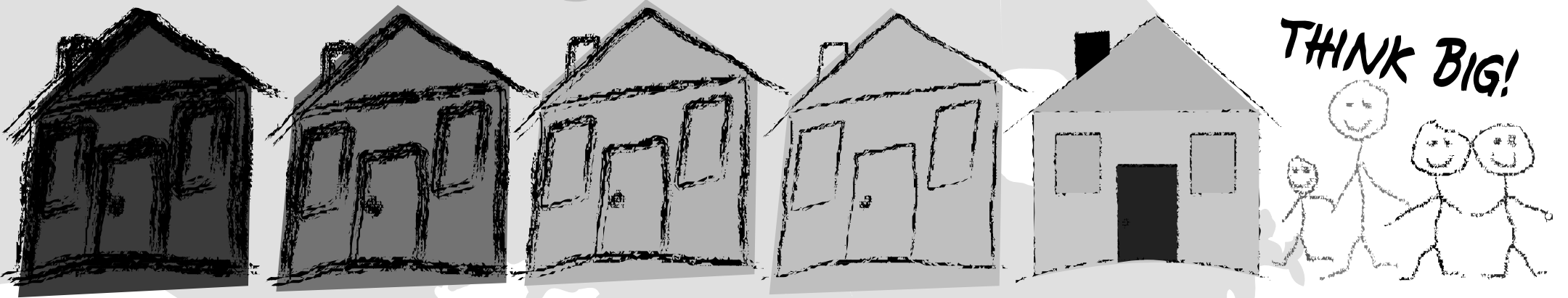
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Plant Manager	Minimum 10+ years LNG experience	
Operations Manager	Minimum 10+ years experience LNG or other cryogenic hydrocarbon liquids	
Maintenance Manager	Minimum 10+ years experience LNG or other cryogenic hydrocarbon liquids	
Administrative Assistant	Minimum 5+ years of experience	



LOUISIANA RECOVERY Planning Day for CAMERON PARISH

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The devastation caused by Hurricanes Katrina and Rita represents the largest natural disaster in the history of our country. How we rebuild will determine the quality of life for our parish for generations to come.

LOUISIANA SPEAKS Our Voice. Our Plan. Our Future.

LOUISIANA LONG-TERM RECOVERY PLANNING

We are not alone. There is a lot of support out there for Louisiana residents and the challenges we face as we respond to a disaster that has crippled portions of our state. The expertise of local, regional and national architectural, engineering and planning firms are brought to Louisiana through partnerships with local, state and federal governments. Federal agencies that are on-the-ground and actively involved in the recovery effort include the U.S. Department of Housing and Urban Development, U.S. Department of Agriculture, National Oceanic and Atmospheric Administration, U.S. Department of Transportation, U.S. Environmental Protection Agency, Economic Development Administration, and U.S. Army Corps of Engineers. They are working alongside thousands of Louisiana Recovery Authority in-state partners and the U.S. Department of Homeland Security's Federal Emergency Management Agency's Long-Term Community Recovery Planning team to help us get to a brighter day.

Why is Long-Term Community Planning Important?
What Do Others Think Is Important?
What Is Important to You?

Come to the Louisiana Recovery Planning Day Open House and share what you would like to see happen in our parish under each of the recovery areas identified below:

Housing & Community Development

Transportation & Infrastructure

Environmental & Coastal Issues

Human Services
Education, Public Health, Public Safety & Family Services

Economic Development

CATHOLIC CALENDAR.

A page devoted to local Catholic interests

January 13, 2006

Vol. 32, No. 3

Lake Charles, La.

Internet Address: <http://lcediocese.org>

Second Sunday of Ordinary Time



Samuel was sleeping in the temple of the LORD where the ark of God was. The LORD called to Samuel, who answered, "Here I am." He ran to Eli and said, "Here I am. You called me." "I did not call you," Eli said. "Go back to sleep." So he went back to sleep. Again the LORD called Samuel, who rose and went to Eli. "Here I am," he said. "You called me." But he answered, "I did not call you, my son. Go back to sleep." At that time Samuel was not familiar with the LORD, because the LORD had not revealed anything to him as yet. The LORD called Samuel again, for the third time. Getting up and going to Eli, he said, "Here I am. You called me." Then Eli understood that the LORD was calling the youth. So he said to Samuel, "Go to sleep, and if you are called, reply, 'Speak, LORD, for your servant is listening.'" When Samuel went to sleep in his place, the LORD came and revealed his presence, calling out as before, "Samuel, Samuel!" Samuel answered, "Speak, for your servant is listening." Samuel grew up, and the LORD was with him, not permitting any word of his to be without effect. *1 Samuel 3:3b-10, 19*



"Brothers and sisters: The body is not for immorality, but for the Lord, and the Lord is for the body; God raised the Lord and will also raise us by his power. Do you not know that your bodies are members of Christ? Shall I then take Christ's members and make them the members of a prostitute? Of course not! But whoever is joined to the Lord becomes one spirit with him. Avoid immorality. Every other sin a person commits is outside the body, but the immoral person sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore, glorify God in your body. *1 Cor 6:13c-15a, 17-20*



John was standing with two of his disciples, and as he watched Jesus walk by, he said, "Behold, the Lamb of God." The two disciples heard what he said and followed Jesus. Jesus turned and saw them following him and said to them, "What are you looking for?" They said to him, "Rabbi" (which translated means Teacher), "where are you staying?" He said to them, "Come, and you will see." So they went and saw where he was staying, and they stayed with him that day. It was about four in the afternoon. Andrew, the brother of Simon Peter, was one of the two who heard John and followed Jesus. He first found his own brother Simon and told him, "We have found the Messiah" (which is translated Anointed). Then he brought him to Jesus. Jesus looked at him and said, "You are Simon the son of John; you will be called Cephas" (which is translated Peter). *John 1:35-42*

(This page paid for by the Diocese of Lake Charles.)

Convergence

By Fr. Frank Pavone
Director, Priests for Life

Each January, three observances converge that reinforce each other and summon the Christian world to work together against injustice. January 15 is the birthday of Rev. Dr. Martin Luther King, Jr., and on or around that day we observe a national holiday in his honor. A week later, on January 22, we recall the tragic decision made that day in 1973 by the Supreme Court in *Roe vs. Wade*, unleashing a policy of abortion on demand. On or around January 22, large rallies and marches for life are held from coast to coast. And from January 18 to 25th each year, the Week of Prayer for Christian Unity is observed.

These three great movements are deeply intertwined.

Jesus Christ prayed that his followers would be one, as he and the Father are one. Authentic Christian unity does not mean pretending there are no serious doctrinal disagreements between denominations. It does mean working to come to a deeper understanding of what those differences are and are not, as well as recognizing and building on the real unity that does exist in our common affirmation of Christ and his Lordship in our lives and in the world.

That affirmation of Christ requires that we work to fight injustice. In his encyclical letter on Christian Unity, issued in 1995, Pope John Paul II wrote, "Many Christians from all Communities, by reason of their faith, are jointly involved in bold projects aimed at changing the world by inculcating respect for the rights and needs of everyone, especially the poor, the lowly, and the defenseless... Christians who once acted independently are now engaged together in the service of this cause, so that God's mercy may triumph" (n. 43).

Both the civil rights movement and the pro-life movement are evidence of this common engagement. Both movements seek to secure equal rights for marginalized human beings, despite their appearances, and to apply to law and culture the promises of the Gospel. Both movements have found their "meeting place" and their "launching pad" in the Churches, manifesting this declaration of Dr. Martin Luther King, Jr.:

"I'm always happy to see a relevant ministry. It's alright to talk about 'long white robes over yonder,' in all of its symbolism. But ultimately people want some suits and dresses and shoes to wear down here. It's alright to talk about 'streets flowing with milk and honey,' but God has commanded us to be concerned about the slums down here, and his children who can't eat three square meals a day. It's alright to talk about the new Jerusalem, but one day, God's preacher must talk about the new New York, the new Atlanta, the new Philadelphia, the new Los Angeles, the new Memphis, Tennessee. This is what we have to do."

Defending the equal dignity of every human being after birth strengthens our witness to the rights of those in danger before birth, and vice-versa. The witness, in fact, is ultimately one: the witness to the one Christ, who restores dignity to every human life.



Deacon Edward Lavine, Secretary for Pastoral Services for the Diocese of Lake Charles, center, shakes hands with Rev. Larry Snyder, right, President of Catholic Charities U.S.A. during Fr. Snyder's visit to Lake Charles. John Keightley, left, Senior Vice President for Planning and External Relations for Catholic Charities, looks on. Catholic Charities U.S.A. is providing the Diocese with a grant of \$2.07 million to aid victims of Hurricane Rita.



Msgr. Harry D. Greig, left, Administrator of the Diocese of Lake Charles, hands a check in the amount of \$50,000 to Rev. Whitney Miller, Rector of St. Louis Catholic High School, for the *Opening Windows Capital Campaign* of the school. The gift is the third from the Diocese to assist in the three-year fundraising program. The Diocese has given a total of \$150,000 to the campaign. The third phase of the program is dedicated to the construction of a new library resource center and a new courtyard for St. Louis. The campaign began in March 2002 and has been responsible for the renovation of classrooms, a new entry, new athletic complex, new science lab and renovations to the Landry Memorial gym. For more information on *Opening Windows* call Wendell Fontenot, the school's Director of Development, at 436-7275.



Deacon Ed Lavine, center, helps with the loading of food, clothing and other goods to aid evacuees from hurricanes Rita and Katrina who were being housed at the Kristyl Inn in Kinder just prior to Christmas. Picking up the supplies, were Lynette Winn, left, manager of the motel, and Terry Cormier, right, representing the Marine Corps League Toys for Tots campaign. The food supplied was used by motel staff and Marine Corps League volunteers to prepare a Christmas dinner for evacuees.

Pope denounces "culture of death"

VATICAN CITY- Pope Benedict XVI administered the sacrament of baptism for the first time in his pontificate to 10 newborns, and urged a "no" to the "prevailing" culture of death on Monday, January 9.

On the day the Church celebrates the Baptism of Jesus, the Pope resumed Pope John Paul II's practice of baptizing infants on the liturgical feast that closes out the Christmas season. John Paul II had been unable to carry out the baptisms the last two years because of his declining health.

The sacrament was administered before Michelangelo's "Last Judgment" in the Sistine Chapel, the same place where Cardinal Joseph Ratzinger was elected Bishop of Rome on April 19.

The Holy Father addressed a spontaneous homily to the parents, godparents and families of the 10 Italian newborns, five boys and five girls. One of them received the second name Karol, in Polish, in memory of the late Pope.

"With baptism, this child is introduced in the company of friends who will never

abandon him in life and in death, and this company of friends is the family of God, which bears in itself the promise of eternity," said the Pope.

Benedict XVI noted: "None of us know what will happen on our planet, in our Europe, in the next 50, 60 or 70 years, but there is something of which we are certain: that the family of God will always be present and that those who belong to this family are never alone, but have the sure friendship of him who is life."

Because of this, coher-

ence with baptism calls for saying "yes" to Christ and to life, and "no" to evil and death, the Pope said.

"We can say," he continued, "that also in our own time it is necessary to say 'no' to a culture largely dominated by death; an anti-culture which shows itself, for example, in drugs, in escape from reality, in illusion, and in the false happiness that is expressed in lies, fraud, injustice, and contempt for others, for solidarity, and for responsibility towards the poor and the suffering."



ON JAN. 12-13, the two sections of Grand Lake High school English IV gave their Canterbury Tales presentations. After reading and studying Chaucer's Canterbury Tales, students are required to select a pilgrim, rewrite the tale, and present to the class. Students are graded on content, presentation, and costume. Shown above are: (back row, from left): Derek Williams, Marlene Lavergne, Deon Bergeron, Philip Ferguson; (middle row) Nadia Choates, Brittany Houston, Scott Dartz, Kara Picou, Meagan Miller, Ashley Hunter, Samantha Poole, Matthew Gillman, Paige Fontenot, Adam Precht; (front row) Matthew Breaux and Jason Girlinghouse.



ON JAN. 12-13, the two sections of Grand Lake High school English IV gave their Canterbury Tales presentations. After reading and studying Chaucer's Canterbury Tales, students are required to select a pilgrim, rewrite the tale, and present to the class. Students are graded on content, presentation, and costume. Shown above are: (back row, from left) Brett Crochet, Sean Collett, Matthew Thompson, Matthew Cradow; (middle row) April Lorke, Matthew Daigle, Heather Breaux, Jamie Lavergne, Megan Lawson, Mary Arceneaux, Heath Romero, Jacob Hebert, Chelsie Gaspard, Farrah Jouett; (front row) Laura Benoit and Amanda Stout.

Basketball Roundup

BASKETBALL SCORES

BOYS
Basile 84, South Cameron 32 - The Tarpons were led by Daniel Kelly with 9 points. Jaylon Ball added 7 points. Namon Lute and Kyle Little scored 6 points each.
Lacassine 82, Grand Lake 36 - Deon Bergeron and Justin Howerton led the Hornets with 9 points each. Garrett Billot chipped in 8 points. The Hornets drop to 19-8 overall and 0-1 in district.
Singer 69, Johnson Bayou 49 - Aaron Jinks led the Rebels (4-17, 0-2) with 19 points. DJ Conner added 9 points and Blaine Trahan scored 8 points.
Hyatt 37, Hackberry 30 - Jay Sanner led all scorers with 15 points. Nick Moore and Travis Spicer added 5 points each.
Westlake 65, Hackberry 52 - Travis Spicer scored 14 for the Mustangs and Jay Sanner chipped in 13 points.
Grand Lake 53, Fairview 38 - Brett Crochet led all scorers with 15 points. Brett Griffith added 13 points. Justin Howerton and Deon Bergeron scored 8 points each.
Starks 64, Johnson Bayou 48 - Blaine Trahan was the leading scorer for the Rebels with 22 points. DJ Conner added 12 points.

GIRLS
Basile 54, South Cameron 50 - Rachael Fountain scored 20 points for the Lady Tarpons with D'Nae Desonier adding 16 points. Whitney Richard scored 11 points.
Lacassine 33, Grand Lake 29 - Kat Kingham scored 9 points for the Lady Hornets and Meagan Miller added 8 points.
Singer 62, Johnson Bayou 22 - Charmayne Barrentine scored 6 points for the Lady Rebels. Sabrina Sandifer added 4 points.
Hackberry 48, Hyatt 19 - The Lady Mustangs' leading scorer was Mandy Michalko with 13 points. Allison Sanner added 10 points. Hackberry allowed only 1 Lady Bulldog point in the third period.
Hamilton Christian 75, South Cameron 58 - D'Nae Desonier led the Lady Tarpons with 15 points. Blair Belenger scored 13 points. Racheal Fountain chipped in 12 points and Whitney Richard added 10 points.
Fairview 45, Grand Lake 36 - Megan Miller scored 9 points for the Lady Hornets. Brandi Carroll added 8 points and Kat Kingham chipped in 7 points.
Starks 46, Johnson Bayou 26 - Charmayne Barrentine was the leading scorer for the Lady Rebels

Cameron Outdoors

By LOSTON MCEVERS



GULF OIL SPILL

We all know that Hurricane Rita destroyed many offshore platforms as well as tank batteries on shore, this put thousands of gallons of oil spread across much of Cameron Parish. Lots of offshore platforms were submerged, not being able to tell where they were or where to navigate.

On Nov. 11, 2005, after this disaster, the Articulated tug barge DBL-152, struck a submerged oil platform, approximately 35 nautical miles south-southeast of Sabine Pass and 35 nautical miles south-southeast of Sabine Pass and 35 nautical miles south-southwest of Calcasieu Pass at Cameron. Over the next few weeks, an estimated three million gallons of slurry oil was released in this area.

Since the incident, a 10 nautical mile (east-west) by 8 nautical miles (north-south) safety zone has been in effect around the accident site. No fishing vessels have been allowed within this safety zone. The salvage operations are nearly complete and in the near future, the safety zone will be reopened, and fishing will again be allowed in the area.

Fishermen and the public should be aware that large amounts of the slurry oil remains in the area. Fuel oil is heavier than water so most of the oil is on bottom, which means there will still be small amounts that will rise to the top of water for some time to come. While fishing, anglers could see small amounts or large amounts of oil. Being on bottom, fish or shrimp could be covered with this oil, however there is no known specific health hazard, but extreme caution should be used. The oil is expected to move generally in a southwestward direction and offshore as it dissipates.

CCA CONVENTION
 Southwest Louisiana has many hundreds of Coastal Conservation Association

with 20 points. Sabrina Sandifer added 4 points and Katrina McGee scored 2 to round out the scoring.

(CCA) members and quite a few Cameron anglers. There's 175 chapters of organized anglers throughout 15 coastal states with 90,000 members.

The C.C.A.'s Louisiana State convention will be held February 3 and 4 at the Cook Conference Center and Hotel in Baton Rouge.

FISH IN'

Some of our Creole anglers made a quick trip to Toledo Bend on the Texas side this past weekend and did fairly well, catching eight keeper bass one day and five keepers on a half days fishing. The biggest was six pounds. They launched, but did have little trouble as the lake is down (162.80). they say there are quite a few boats out, but not as many as they have seen in the good sunny winter days. They were using six inch worms Texas style, with 3/8 inch slip sinkers, fishing in 16 to 20 feet of water, and working the bait real slow, close to bottom.

I talked with Bonnie Theriot last week and she and a friend fished the Mermentau River, north of the bridge, (bank fishing) and they did well on redfish, running about 19 to 20 inches in length. Although this past week we had cold mornings, days were beautiful, sunny and great for winter fishing.

Refuge personnel for our federal refuges here in the Cameron Parish area are still trying to rid the marshes and waterways of debris. They see no way for the Sabine Refuge to open this spring, as there's just too much debris and stuff to cleanup and boat canals to open and clean.

There is a good chance that Lacassine Refuge will open, however the bass impoundment is not a sure thing yet. Biologists will have to survey the number of bass that survived the hurricane, but I'm sure we'll know more by next month. I do know the Lake Misere area had quite a bit of debris in it.

I haven't talked to anyone with Miami Corporation yet, so I don't know if they'll open up the Big Burn and other Miami Permit Fishing areas are not. The same for Rockefeller Refuge.

The month of February is not what you call a great month for flounder fishing, but in the last couple of years, flounder fishing along the Gulf coast has been good, even starting in late January, especially if this warm weather continues.

If our shoreline has a plentiful supply of bait fish especially tiny menhaden and croakers you'll have flounders along the banks on Sabine Lake, Calcasieu Lake throughout the Vermilion Bay area. The larger female flounders are usually the first to arrive, and most of the time you'll do good catching speckle trout along with them.

I love to catch flounders on a 1/8 lead head, a solid two to three inch chartreuse mud-minnow. Sometimes you can tip the hook with shrimp for more attraction. There's also the DOA shrimp and crab that's small enough and works well.

Cameron Library system on the way to recovery

The Cameron Parish Library system is on the road to recovery, board members learned at their January meeting Tuesday.

Insurance adjustments have been made for all the branches totalling \$957,880 for the main branch building and contents, \$225,000 for the Johnson Bayou building and contents, and \$100,000 each for the Hackberry and Grand Lake branch contents.

The builder's risk policy is to pay the full amount of the contract on the Grand Chenier branch, which will allow the system to recoup what it had spent on the remodeling so far.

Representatives from FEMA have been working with Parish Librarian Charlotte Troclair to set up a plan for rebuilding the destroyed libraries and to cover most of the cost of recovery. The plans are almost complete and will next be sent to a review panel before funding can be set.

In the meantime, the State Library has received an offer

from an out of state library system to donate a used bookmobile to the parish, possibly for use in Johnson Bayou. The board accepted the offer, as long as the vehicle is in good repair.

Additional repairs to the Hackberry library are to be contracted this month. Water damage was more severe than expected.

When the branch is again in operation, the parish bookmobile will be free to serve other areas, including Cameron, Creole, Grand Chenier, Klondike, and Lowery, as is feasible.

Cameron resident Kristi Mock asked the board to approve the use of library's property on Marshall St. in Cameron for a distribution center for relief supplies. With the understanding that the property is covered by the parish's liability insurance, the board agreed.

The future location of the Cameron main branch is still up in the air. The board withdrew its earlier offer to purchase property from Coastal Laundry on Adam Roux St. when it was learned that the building could not be reused.

Consultation with the library's architect may reveal how much area will be needed for the new structure.

In the meantime, a portable building has been purchased and placed behind the Grand Lake branch to house the processing and office staff.

Officers of the board for the coming year were elected with Cyndi Sellers being named President, John Calzada - Vice-President, Charlotte Troclair - Secretary, and Gail Sanner - Treasurer.

NEWS BRIEFS

The Outdoor Writer's Association of America's new theme of their conference to be held in Lake Charles this year is "Recovery." They will take a look at the Lake Charles and Cameron Parish areas to see the damages and try to give a helping hand of what things can be done to get our resources back.

Our Creole Nature Trail has been interrupted by Hurricane Rita. One of the most traveled in south Louisiana by tourists from all over the country. I think as soon as our roads get repaired things will pick up.

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The Cameron Pilot

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 786-8004 or Toll Free: 1-800-256-7323



ARMY PV2 Amanda M. Maxwell, daughter of Maddy and Walt Gunter of Carlton, Georgia, and Alan and Laura Maxwell of Covington, Georgia, and granddaughter of Ruby and the late Wilbert "Poncho" Miller of Cameron and Irene and Leonard Wishon of Tenn., graduated from Basic Combat Training on April 22 at Fort Leonard Wood, Missouri. Maxwell attended Redstone Arsenal in Huntsville, Ala., for AIT School and graduated July 7. She received the Certificate of Achievement in recognition for the Most Improved Performance as an Ammunition Specialist. She was assigned to the 101st Airborne Division, Fort Campbell, Ken. In September 2005 she was deployed to Iraq in support of Operation Iraqi Freedom. Maxwell is a 2002 graduate of Newton High School.

JB CLINIC--

Cont. from Page 1

clinic is provided, for whatever reason we would not have the maintenance tax election.

I have spoken with your Police Juror, Mr. McGee, and he feels (rightfully so) that his duty is to his constituents. Please contact Mr. McGee and let him know if you have any objections to the expansion of the hospital service district. I will be present at the Agenda Meeting of the Police Jury in Hackberry on Jan. 30 to answer any questions you might have.

It has been my experience in the past that residents of Holly Beach and Johnson Bayou are more than willing to approve a tax as long as the community will be receiving something in return. I implore you to give your approval to this very important initiative, which I believe will bring much needed health care to your area of the Parish.

HOSPITAL--

Cont. from 1

We are working very hard to convince federal and state authorities that the residents of lower Cameron Parish have a right to adequate health care. We will not give up until that goal is met, but it cannot be attained without the support of our citizens. If you have any questions, please call at 494-5563.

Letter to the Editor

Tuesday, Jan. 10
Dear Mr. Wise & Staff:

Thank you so much for sending the Cameron Pilot. I miss being in Hackberry. I will soon be moving back in a week or two.

I bought a 2006 two-bedroom trailer as Hurricane Rita tore mine up and I lost lots of my angel collection and the contents of my home.

My son and family and Coot found a few things and I have them wrapped in plastic.

Nobody knows the tears I've shed and cried a lot. But God knows.

Grace B. Welch
Pat & Roland
Houston, Tex.

Fridge play

(NAPSA)-Drawing kids to learning may be easier-and more fun-with the help of magnetic games. For example, Fridgeplay magnetic games teach children the fundamental lessons in an innovative, hands-on approach, with such magnetic play-sets as Alphabet, Numbers, Shapes, Clock, World and Colors.

For more information, check out www.fridgeplay.com.



RONALD NUNEZ, owner of the Pit Stop in Cameron, has moved a temporary building onto his site and will be selling cold drinks, sandwiches, chips, etc. He hopes to have above ground gas tanks installed soon for retail gasoline sales. (Photo by Cyndi Sellers.)

Hazards await residents returning to parish homes

Louisiana residents should protect themselves and their pets from hazards -- such as mold and debris -- that await them upon returning to their damaged homes after the recent hurricanes, state and federal officials warn.

Many hazards lurk. They include downed power lines; gas leaks; sewage overflows; poisonous snakes and insects; animals driven to higher ground by floodwaters and spoiled food.

When residents return home to clean and assess building damage, they should remember to protect themselves from dangerous situations and contaminants like mold or debris. The U.S. Department of Homeland Security's Federal Emergency Management Agency (FEMA) and the Centers for Disease Control and Prevention (CDC) recommend everyone avoid unnecessary exposure to mold.

"If there are plans to survey and clean up a mold-infested house, wear a filtering face mask, and use protective goggles, gloves and clothing to reduce your exposure to mold and other harmful agents," said Scott Wells, the federal coordinating officer.

Even people with no known risk factors for mold should wear filtering face masks and gloves if they plan to do anything more than look around and leave a building that has been flooded. Protective goggles should be added if work is to include sweeping, using sanders and other power tools, or if there is nearby demolition. The minimum breathing protection is a properly fitted mask approved by the CDC's National Institute for Occupational Safety and Health (NIOSH). Approved masks are available at hardware and building supply stores and will display "NIOSH N-95" on the band or on the respirator.

A visible dust cloud suggests a high potential for exposure to mold. However, exposure levels can be high even when no dust is visible. And remember, no simple mask will protect against the lethal hazard of chlorine gas when bleach and ammonia are mixed. NEVER MIX BLEACH WITH AMMONIA.

When cleaning mold-infested surfaces, it is best to hire an expert. If property owners wish to do their own cleaning, they should mix one-half to one cup of chlorine

bleach to one gallon of water and scrub all hard surfaces with a stiff brush. All items that cannot be cleaned using this method should be thrown away.

Another obstacle during post-storm cleaning is debris piles. Individuals should keep children and pets, open flames and cars away from debris. Also, do not place debris on or near fire hydrants, utility boxes or gas meters.

As individuals approach their homes, they should check for downed power lines or gas leaks. If either has occurred, turn off the circuit breaker with a dry stick to avoid shock, and then contact the local fire department.

Once inside the residence, sagging ceilings, weak floors and other structural damage should be determined. Photographs of damage, both to the house and its contents, should be taken for insurance claims.

If sewers have overflowed in or around your home, do not run faucets or flush toilets. Assume everything is contaminated and disinfect all things touched by floodwaters.

Serious protective measures also need to be applied when dealing with food and water. If power was out for longer than two days, all food in the refrigerator has spoiled and needs to be discarded.

Plenty of bottled water should be consumed to avoid dehydration. Stay away from alcoholic and caffeinated drinks. If you run out of bottled water, drink water from melted ice or even water from the water heater once it has cooled (unless it too was covered with floodwater). You should also cook with bottled water.

If you live in the affected area and would like further information on returning home after a hurricane, visit www.dhh.louisiana.gov (Louisiana Department of Health and Hospitals), www.bt.cdc.gov/disasters/floods (The Centers for Disease Control and Prevention) and www.redcross.org (The American Red Cross).

FEMA prepares the nation for all hazards and manages federal response and recovery efforts following any national incident. FEMA also initiates mitigation activities, trains first responders, works with state and local emergency managers, and manages the National Flood Insurance Program.

Louisiana Recovery Day to be held on Saturday

Governor Kathleen Babineaux Blanco proclaimed Saturday Jan. 21, 2006 as Louisiana Recovery Planning Day, a day for Louisianans to provide input on rebuilding their communities.

The day will be marked by open house meetings throughout Louisiana and the nation to allow people to express local needs and define a community-based vision for recovery.

Louisiana Recovery Planning Day will consist of a series of open house meetings which will be held concurrently in impacted parishes across Louisiana as well as in a number of national locations where large numbers of displaced Louisianans are residing. Citizens are invited to stop by throughout the day.

The open houses are designed to gather public input that will be used to identify priority recovery issues unique to each community as well as define each community's recovery principles, visions and goals.

Participants will be asked

to share their thoughts and ideas via feedback forms, notes placed on maps and charts and one-on-one discussions with planning team members.

Parish open houses, which will be from 10 a.m. to 4 p.m., include:

Beauregard Parish, DeRidder High School.
Calcasieu Parish, Lake Charles Civic Center.
Cameron Parish, (10 a.m. - 7 p.m.) Grand Lake High School.



DEBRIS WAS scattered all over the parish after Hurricane Rita. Giz and Kathy Guilbeau's shed was one of many redecorated by the storm. (Photo by Cyndi Sellers.)

Evacuees in hotels urged to make plans for future

The U.S. Department of Homeland Security's Federal Emergency Management Agency (FEMA) and Louisiana Office of Emergency Preparedness emphasize that now is the time for families living in hotels and motels to take responsibility and make important decisions on future housing options.

If you are currently living in a hotel/motel room paid for by FEMA, you must begin looking for longer term housing immediately. FEMA will stop paying your hotel/motel room bills on Feb. 7 unless you call FEMA for an authorization code by Jan. 30.

FEMA's new authorization code process begins immediately to provide direct-bill hotel assistance beyond Feb. 7 to evacuees on a case-by-case basis. When you call FEMA for your authorization code, FEMA will give you the code over the phone and tell you how long you will be able to stay in the hotel under the FEMA program. The authorization code will allow FEMA to work closely with families to ensure they are registered with FEMA for assistance and to ensure they are fully processed for rental-assistance eligibility before making the transition to longer term housing. Once you get that authorization code, FEMA will pay your hotel room until at least Feb. 13.

"FEMA is making great strides in helping families transition to longer term housing," said Scott Wells, the federal coordinating officer. "It is important that people recognize FEMA's hotel/motel program will end soon, and individuals and families must take ownership to find suitable housing." "State officials pushed to

get as much time as possible to allow people to live in hotels and motels," said State Coordinating Officer Col. Jeff Smith. "The reality is that the end for this program has come, so we strongly urge individuals to explore options available to them."

More than 1,300 FEMA employees and partners, including 800 Community Relations staff members and 500 call-center staff, are working directly with evacuees to help them understand their options for moving out of hotels and motels and into longer term housing.

Applicants who need more information about housing assistance should call:

FEMA's Helpline: 1-800-621-FEMA (3362) (TTY 1-800-462-7585)

FEMA's Housing Locator: 1-800-762-8740 (TTY 1-800-462-7585) (open daily from 8 a.m. - 9 p.m. EST)

HUD Disaster Housing Assistance: 1-866-373-9509 (TTY 1-800-877-8339)

HUD Programs (general inquiries): 1-800-955-2232 (TTY 1-800-877-8339)

The hotel/motel program was part of FEMA's emergency sheltering initiative during the response phase. The agency is now moving into the recovery phase and providing continued assistance to eligible applicants who were displaced due to Hurricanes Katrina and Rita.

FEMA has so far provided rental assistance to more than 700,000 families across the gulf coast region. Fewer than 26,000 families still remain in hotels and motels nationwide. More than \$400 million has been spent by FEMA to provide hotel and motel rooms rent free to evacuated individuals and families for more than four months.

Formosan termites threat; parish is quarantined

More than four months after Hurricane Katrina and three months after Hurricane Rita, Commissioner of Agriculture and Forestry Bob Odom is once again reminding homeowners to consider their options in preventing future Formosan termite infestations.

"We know for a fact that there are huge colonies of Formosan termites in the New Orleans and Lake Charles areas. Those colonies are still there and they're looking for new food," Odom said. "Now is the time to take action and prevent termites from destroying what is likely your largest investment."

Odom also reminded those who are cleaning up, and/or rebuilding, about the quarantine in place for debris and architectural components. The quarantined parishes are Calcasieu, Cameron, Jefferson, Jefferson Davis, Orleans, Plaquemines, St. Bernard, St. Charles, St. John, St. Tammany, Tangipahoa and Washington. The quarantine specifies that wood cannot be moved from any of these parishes into Formosan termite-free parishes until a plan has been submitted to the Department of Agriculture and Forestry.

"The thousands of tons of debris out there have the potential to transport Formosan termites to areas currently unaffected or to continue breeding more and more termites in the New Orleans and Lake Charles areas," Odom said. "We're taking the steps necessary to try to prevent these things

from happening."

Structures in south Louisiana are typically treated with a preventative barrier during construction and post construction. Some owners also choose to build with termite-treated or termite-resistant products. After construction, baiting stations and liquid treatments are used as tools for detecting and destroying termite colonies.

"There are several options out there, all of which are more effective when they are used in combination," Odom said. "They are the best line of defense against termite infestation. If you've never treated before, I would urge you to do it now. I know some homes in the affected areas were treated prior to the storms but may need reapplication to guarantee efficacy."

Bait stations, a common sight in yards across the south, probably need to be replaced if the yard was flooded. Soils that were treated with barrier chemicals may also need to be retreated.

"If treated soil washed away after the storm, the barrier is no longer there. If large deposits of silt, sludge and muddy soil are now on top of the treated soil, the barrier is more than likely no longer effective," Odom said. "This is why now is the opportune time to evaluate your situation and take the necessary precautions to protect your home. It would be a double disaster to lose your home to a hurricane this year, rebuild and then lose it to Formosan termites next year."

Johnson B. Homecoming is Friday

Johnson Bayou High School will hold its Homecoming Festivities at 6 p.m. on Friday, Jan. 20 at the Sulphur Aquatic Center.

Homecoming Court for 2005-06 are seniors Sabrina Sandifer, Kayla Barrantine, and Dani Peavy-Storm; juniors Holly Simon and Shalyn Broussard; sophomores Destiny Sonnier and Candace Young; and, freshman include Christian Viator and Chelsea Greier.

Classes being honored are 1965, 75, 95, and 2001.

The school would like to extend a special invitation to all former students and residents to come out and participate in this special Homecoming reunion.

School lunch menus told

Lunch menus for all Cameron Parish schools for the week beginning Jan. 19 are as follows:

Thursday, Jan. 19 - Country fried steak, mashed potatoes, chilled pear halves, brown gravy, peanut butter spread, wheat rolls, milk.

Friday, Jan. 20 - Sloppy joe, corn on cob, oven fries, oatmeal cookies, catsup, hamburger bun, milk.

Monday, Jan. 23 - Breaded chicken patty, lettuce cup, lima beans, fruit cocktail, carrot cake, hamburger bun, milk.

Tuesday, Jan. 24 - Chicken fajitas, fixings cup, baked potato, banana bread square, flour tortillas, milk.

Wednesday, Jan. 25 - Pizza w/ground beef, tossed salad, buttered corn, chilled peach slices, milk.

LSU graduates announced

Four Southwest Louisiana students were honor graduates at Louisiana State University's 258th commencement exercises.

Students with grade-point averages between 3.90 and 4.0 graduated summa cum laude. Those with averages of 3.80 to 3.89 graduated magna cum laude.

Local honor graduates include:

Kayla Victoria Kelley of Cameron, College of Business, summa cum laude; and Natalie Lane Precht of Grand Lake, College of Arts and Sciences, summa cum laude.

Other local graduates are: Lauren Dunn Sanders of Creole, master's degree in Graduate School.

America loves cheese

Americans love the great taste of cheese. According to a recent survey, 80 percent of consumers listed "taste" as their reason for eating it. The state most associated with cheese is the one known as America's Dairyland, Wisconsin.

Cheddar cheese topped the list of favorite cheese varieties with nearly four out of 10 consumers, with American and Swiss filling out the top three. A Wisconsin Cheddar won Best of Class for Cheddar at the recent 2004 World Championship Cheese Contest.

For information on cheese varieties and a selection of cheese recipes, go to www.wisdairy.com.

Legal Notices

INVITATION FOR BIDS

Sealed bids will be received until 4:00 p.m. local time, Tuesday, January 24, 2006, in the Gulf Coast Soil and Water Conservation District's Office, 1400 Highway 14, Lake Charles, Louisiana, 70601 (337) 436-5020 Ext. 3, for providing the following materials:

- 3,000 Trade Gallons, Smooth Cordgrass, *Spartina alterniflora* 'Vermilion'.
- 2,100 Plugs, California Bulrush, *Schoenoplectus californicus*.
- 2,000 Trade Gallons, Giant Cutgrass, *Zizaniopsis miliacea*.
- 1,900 4" Pots, Bitter Panicum, *Panicum amarum*.
- 5,000 4" Pots, Saltgrass, *Distichlis spicata*.
- 1,000 4" Pots, Marshhay Cordgrass, *Spartina patens*.
- 7,500 4" Pots, Gulf Cordgrass, *Spartina spartinae*.
- 1,000 4" Pots, Seashore Paspalum, *Paspalum vaginatum*.
- 500 Trade Gallons, Sea Oats, *Uniola paniculata* 'Caminada'.

A complete assembly of the bid invitation with specifications may be obtained by contacting the district secretary at the address shown above.

RUN: Jan. 5, 12, and 19 (J-6)

PUBLIC NOTICE

ADVERTISEMENT FOR POST DISASTER BOARD OF REVIEW
As required by R. S. 47:1978.1 enacted in Act 66 and signed by the governor on December 6, 2005, notice is hereby given that the Cameron Parish Police Jury will meet as a Board of Review on Friday, January 27, 2006 through Sunday, February 5, 2006 at the Grand Lake High School cafeteria located at 1039 Highway 384, Grand Lake, Louisiana to hear any and all protests from the taxpayers on their 2005 property assessments affected by the Hurricane Rita disaster.

The board shall consider the written or oral protests of any taxpayer desiring to be heard that has filed protests 7 days after the final assessment lists exposure date. Protests shall be filed in person at the Police Jury office located at their temporary office at 302 N. Cutting Avenue, Jennings, Louisiana or by certified mail.

R. E. "Bobby" Conner, CLA
Cameron Parish Assessor
RUNS: Jan. 12, 19 - J 13

RESOLUTION STATE OF LOUISIANA PARISH OF CAMERON

WHEREAS, the Cameron Parish Police Jury does hereby intend to move Precincts 3 and 4 Polling Place, Hackberry Recreation Center, 1250 Recreation Circle, Hackberry, Louisiana to the Hackberry Fire Station, 1025 Main St., Hackberry, Louisiana 70645.

NOW, THEREFORE BE IT RESOLVED, that the Cameron Parish Police Jury on this 3rd day of January, 2006 does hereby relocate the Precincts 3 and 4 Polling Place to the Hackberry Fire Station, 1025 Main Street, Hackberry, Louisiana.

ADOPTED AND APPROVED this 3rd day of January, 2006.

APPROVED:

/s/ Douaine Conner
DOUAINE CONNER,
PRESIDENT
CAMERON PARISH
POLICE JURY

ATTEST:
/s/ Bonnie Conner
BONNIE W. CONNER,
SECRETARY
RUN: Jan. 5, 12, 19 (J-14)

NOTICE FOR BIDS

The Cameron Parish Mosquito Abatement District No. 1 will receive sealed bids until 5:00 p.m., Thursday, January 19, 2006, at the office of Mosquito Control in Sweetlake, Louisiana, on a 2005/2006 Air Tractor AT-402B.

All bids must be submitted on bid forms which may be obtained from the Mosquito Control Headquarters.

Bids should be mailed or delivered to Cameron Parish Mosquito Abatement District No. 1, 146 Theriot Road, Bell City, Louisiana 70630, and be marked "BID FORM ENCLOSED" on the outside of the envelope.

Cameron Parish Mosquito Abatement District No. 1 reserves the right to reject any or all bids and to waive formalities.

Cameron Parish Mosquito Abatement District No. 1
Julian s. Robichaux,
Assistant Director
RUN: Jan. 5, 12, 19 (J-17)

PROCEEDINGS

CAMERON PARISH WATER AND WASTEWATER DISTRICT NO. 1
DECEMBER 20, 2005

The Cameron Parish Water and Wastewater District No. 1 Board meet in regular session on Tuesday, December 20, 2005 at 4:00 p.m. in the boardroom located at 111 Dennis Lane in the village of Grand Lake, Louisiana.

Members present were: Bobby Doxey, James Boudreaux, J. C. Murphy, Ronald Nunez, Jr., Paul Duhon, and Tammy Peshoff.

Board president J. C. Murphy called the meeting to order.

On a motion by Tammy Peshoff and seconded by Paul Duhon and carried that the bills for the month be paid.

On a motion by Paul Duhon and seconded by Ronald Nunez, Jr. and carried that the minutes stand approved.

On a motion by Paul Duhon and seconded by James Boudreaux and carried to rent the office personnel a vehicle for another month from Avis.

On a motion by Bobby Doxey and seconded by James Boudreaux and carried to hire the firm of Gragor, Cassidy, and Guillory to do the auditing for the

2005 year.

On a motion by Paul Duhon and seconded by Bobby Doxey and carried to bill commercial metered customers starting January 1, 2006 a minimum usage rate and beginning February 1, 2006 bill for actual metered usage.

On a motion by Paul Duhon and seconded by Ronald Nunez, Jr. and carried that there being no further business that the meeting stand adjourned.

/s/Lori LeBlanc
Lori LeBlanc, Secretary
/s/J. C. Murphy
J. C. Murphy, President
Cameron Water & Wastewater
No. 1

RUNS: Jan. 19 - J 24

PROCEEDINGS

The Cameron Parish Waterworks District No. 10 met in Regular session on Tuesday--December 13, 2005, at 6:30 p.m. at the Hackberry Community Center in the village of Hackberry, Louisiana, due to Hurricane Rita. Members present were: Mrs. Connie Trahan, Mr. Jessie Simon, Jr., and Mr. Nathan Griffith. Guest attending were Sonny McGee and Mike Elliott. Members absent were Mr. Lloyd Badon and Mr. Jim Cox.

It was moved by Mr. Griffith to call the meeting to order.
It was moved by Mr. Simon seconded by Mrs. Trahan and carried that the minutes be read and accepted.

It was moved by Mrs. Trahan, seconded by Mr. Simon and carried to approve the bills as paid.

CPA Mike Elliott presented the 2005 budget revisions. It was moved by Mrs. Trahan seconded by Mr. Simon and carried to approve the 2005 budget revisions.

CPA Mike Elliott presented the 2006 proposed budget. It was moved by Mr. Simon, seconded by Mrs. Trahan and carried to approve the 2006 proposed budget.

A post Rita update was given by the Operators. The Holly Beach facility is the only structure not running on electricity at this time. Chlorine gas has been installed at all sites except Holly Beach. The pump building and electric panels have not been installed at the Holly Beach site, but are scheduled to begin soon. 6 beaches are turned on at this time and all of Johnson Bayou. Repairs are still taking place but progress has been good.

It was moved by Mr. Simon, seconded by Mrs. Trahan and carried to have President Nathan Griffith sign the engagement letter for Mike Elliott to take care of 2005 audit.

There being no further business to discuss, Mr. Griffith adjourned the meeting at 9:00 p.m.

The next Waterworks meeting will be held on the second Tuesday of February 2006 at 6:00 p.m. at the Hackberry Community Center.

Attest:
/s/Connie Trahan
Connie Trahan-Secretary

Approved:
/s/Nathan Griffith
Nathan Griffith-Chairman
RUNS: Jan. 19 - J 25

PUBLIC NOTICE

LOUISIANA DEPARTMENT OF ENVIRONMENTAL QUALITY (LDEQ)

CALLON PETROLEUM OPERATING COMPANY
SL 18237 WELL NO. 1
DRAFT WATER DISCHARGE PERMIT

The LDEQ, Office of Environmental Services, is accepting written comments on a draft Louisiana Pollutant Discharge Elimination System (LPDES) permit prepared for Callon Petroleum Operating Company, SL 18237 No. 1, P.O. Box 1287, Natchez, Mississippi 39121. The facility is located in West Cameron Area Block 32, approximately 8.6 miles south-southeast from Creole, LA and 17.5 miles southeast of Cameron, LA, approximately 2 miles offshore, in Cameron Parish.

The principal discharge from this existing source is made into the Gulf of Mexico, waters of the state classified for primary contact recreation, secondary contact recreation, fish and wildlife propagation, and oyster propagation. Under the SIC Code 1311, the applicant proposes to discharge certain wastewater streams associated with oil and gas exploration, development, and production operations from the proposed oilfield facility.

Alternatively, individuals may elect to receive the permit public notices via email by subscribing to the LDEQ permits public notice List Server at http://www.state.la.us/ldbc/list-servpage/ldcq_pn_listserv.htm.

All correspondence should specify AI Number 128897, Permit Number LA0121746, and Activity Number PER20050001.

RUN: Jan. 19 & 26 (J 27)

Monday through Friday (except holidays).

Inquiries or requests for additional information regarding this permit action should be directed to Ms. Valerie Powe, LDEQ, Permits Division, P.O. Box 4313, Baton Rouge, LA 70821-4313, phone (225) 219-3084.

Persons wishing to be included on the LDEQ permit public notice mailing list should contact Ms. Soumaya Ghosn in writing at LDEQ, P.O. Box 4313, Baton Rouge, LA 70821-4313, phone (225) 219-3276, or by email at maillistrequest@ldeq.org.

Permit public notices can be viewed on the LDEQ Permits public Web page at WWW.deq.state.la.us/news/PubNotice/.

Alternatively, individuals may elect to receive the permit public notices via email by subscribing to the LDEQ permits public notice List Server at http://www.state.la.us/ldbc/list-servpage/ldcq_pn_listserv.htm.

All correspondence should specify AI Number 128896, Permit Number LA0121797, and Activity Number PER20050001.

RUN: Jan. 19 & 26 (J 26)

PUBLIC NOTICE

LOUISIANA DEPARTMENT OF ENVIRONMENTAL QUALITY (LDEQ)

CALLON PETROLEUM OPERATING COMPANY
SL 18359 WELL NO. 1
DRAFT WATER DISCHARGE PERMIT

The LDEQ, Office of Environmental Services, is accepting written comments on a draft Louisiana Pollutant Discharge Elimination System (LPDES) permit prepared for Callon Petroleum Operating Company, S.L. 18359 No. 1, P.O. Box 1287, Natchez, Mississippi 39121. The facility is located in West Cameron Area Block 6, approximately 3.5 miles southwest of Cameron and .3 miles west-southwest from the mouth of the Calcasieu Ship Channel, and approximately 1500 feet offshore, Cameron Parish.

The principal discharge from this existing source is made into the Gulf of Mexico, waters of the state classified for primary contact recreation, secondary contact recreation, fish and wildlife propagation, and oyster propagation. Under the SIC Code 1311, the applicant proposes to discharge certain wastewater streams associated with oil and gas exploration, development, and production operations from the proposed oilfield facility.

Alternatively, individuals may elect to receive the permit public notices via email by subscribing to the LDEQ permits public notice List Server at http://www.state.la.us/ldbc/list-servpage/ldcq_pn_listserv.htm.

All correspondence should specify AI Number 129987, Permit Number LA0121789, and Activity Number PER20050001.

RUN: Jan. 19 & 26 (J 28)

The principal discharge from this existing source is made into the Gulf of Mexico, waters of the state classified for primary contact recreation, secondary contact recreation, fish, and wildlife propagation, and oyster propagation. Under the SIC Code 1311, the applicant proposes to discharge certain wastewater streams associated with oil and gas exploration, development, and production operations from the proposed oilfield facility.

During the preparation of this permit, it has been determined that the discharge will have no adverse impact on the existing uses of the receiving waterbody. As with any discharge, however, some change in existing water quality may occur.

Written comments, written requests for a public hearing, or written requests for notification of the final decision regarding this permit action may be submitted to Ms. Soumaya Ghosn at LDEQ, Public Participation Group, P.O. Box 4313, Baton Rouge, LA 70821-4313. Written comments and/or written requests must be received by 12:30 p.m., Thursday, March 9, 2006. Written comments will be considered prior to a final permit decision.

If LDEQ finds a significant degree of public interest, a public hearing will be held. LDEQ will send notification of the final permit decision to the applicant and to each person who has submitted written comments or a written request for notification of the final decision.

The application, draft permit, and statement of basis are available for review at the LDEQ, Public Records Center, Room 127, 602 North 5th Street, Baton Rouge, LA. Viewing hours are from 8:00 a.m. to 4:30 p.m., Monday through Friday (except holidays).

Inquiries or requests for additional information regarding this permit action should be directed to Ms. Valerie Powe, LDEQ, Permits Division, P.O. Box 4313, Baton Rouge, LA 70821-4313, phone (225) 219-3084.

Persons wishing to be included on the LDEQ permit public notice mailing list should contact Ms. Soumaya Ghosn in writing at LDEQ, P.O. Box 4313, Baton Rouge, LA 70821-4313, phone (225) 219-3276, or by email at maillistrequest@ldeq.org.

Permit public notices can be viewed on the LDEQ Permits public Web page at WWW.deq.state.la.us/news/PubNotice/.

Alternatively, individuals may elect to receive the permit public notices via email by subscribing to the LDEQ permits public notice List Server at http://www.state.la.us/ldbc/list-servpage/ldcq_pn_listserv.htm.

All correspondence should specify AI Number 129987, Permit Number LA0121789, and Activity Number PER20050001.

RUN: Jan. 19 & 26 (J 28)

PUBLIC NOTICE

LOUISIANA DEPARTMENT OF ENVIRONMENTAL QUALITY (LDEQ)

CALLON PETROLEUM OPERATING COMPANY
SL 18525 NO. 1
DRAFT WATER DISCHARGE PERMIT

The LDEQ, Office of Environmental Services, is accepting written comments on a draft Louisiana Pollutant Discharge Elimination System (LPDES) permit prepared for Callon Petroleum Operating Company, S.L. 18525 No. 1, P.O. Box 1287, Natchez, Mississippi 39121. The facility is located in West Cameron Area Block 6, approximately 4.5 miles southwest from Cameron and 1.9 miles west-southwest from the mouth of the Calcasieu Ship Channel, approximately 4000 feet offshore, in Cameron Parish.

The principal discharge from this existing source is made into the Gulf of Mexico, waters of the state classified for primary contact recreation, secondary contact recreation, fish and wildlife propagation, and oyster propagation. Under the SIC Code 1311, the applicant proposes to discharge certain wastewater streams associated with oil and gas exploration, development, and production operations from the proposed oilfield facility.

Alternatively, individuals may elect to receive the permit public notices via email by subscribing to the LDEQ permits public notice List Server at http://www.state.la.us/ldbc/list-servpage/ldcq_pn_listserv.htm.

All correspondence should specify AI Number 128897, Permit Number LA0121746, and Activity Number PER20050001.

RUN: Jan. 19 & 26 (J 27)

LOUISIANA DEPARTMENT OF ENVIRONMENTAL QUALITY (LDEQ)

CALLON PETROLEUM OPERATING COMPANY
SL 18520 WELL NO. 1
DRAFT WATER DISCHARGE PERMIT

The LDEQ, Office of Environmental Services, is accepting written comments on a draft Louisiana Pollutant Discharge Elimination System (LPDES) permit prepared for Callon Petroleum Operating Company, S.L. 18520 No. 1, P.O. Box 1287, Natchez, Mississippi 39121. The facility is located in West Cameron Area Block 2, approximately 7 miles southeast of Cameron and 8.2 miles east-southeasterly from the mouth of the Calcasieu Ship Channel, approximately 2000 feet offshore, in Cameron Parish.

Be wary of default clause on credit cards

Have you been shocked to find the interest rate on one of your credit cards was raised – often dramatically – even though you may never have missed a payment? The problem lies with the universal default clause, says LSU AgCenter family economics professor Dr. Jeanette Tucker.

The default clause says that a missed payment can result in an automatic rise in interest rate. "But the real shock is that the interest rate not only applies to the account for which you missed a payment, but for all other accounts that carry a universal default clause," Tucker says.

This means that interest rates may rise on accounts with perfect payment records, the family economist explains. Even if you have never been late on a particular account, but you miss a payment on another account, you will be considered as being in default with all accounts that carry a universal default clause.

In addition, being late on a payment to a credit card, auto loan or cell phone account will not only result in a \$30 to \$40 late fee, but also can lower your credit score. When negative information is received and shared by credit reporting agencies, interest rates, even "fixed" rates, may rise on accounts with a universal default policy.

Tucker says that occurrences that may cause you to be considered in default include one missed or late payment on any credit account, exceeding credit limits or making a payment from a checking account with insufficient funds.

When interest rates are raised because of universal default, credit card compa-

nies are legally required to notify the consumer at least 15 days before the rate hike. You may reject the new rate, but don't be surprised if the credit card is revoked. Credit card companies defend the universal default policy by arguing that consumers who default on any credit contract pose a higher risk that justifies the higher interest rate.

Tucker offers self-defense strategies against rate hikes associated with the universal default clause.

- Comparison shop for contract terms as hard as you shop for interest rates. Search for the words "default rate" in the fine print before signing new credit card contracts. Refuse any contract that includes a universal default clause.

- Always pay your bills on time. Mail or transfer your payment electronically early enough that it arrives at least two days before the due date. The extra time ensures adequate time for the creditor to process and post the payment to your account by the due date.

- If you have been penalized for missing one payment, contact the credit card issuer. If you have an excellent payment history and all previous payments have been on time, you may be able to negotiate to have the penalty waived. Be sure to request that they remove the default from your credit report.

For more information on family finances and consumer topics, click on the Family and Home link on the LSU AgCenter homepage, at www.lsuagcenter.com. For local information and educational programs, contact an extension agent in your parish LSU AgCenter office.



Nutritionist says "take cholesterol seriously"

Half the male population and a third of the female population are likely to develop heart disease in their lifetimes. Whether you have heart disease or want to prevent it, you can reduce your risk for having a heart attack by lowering your blood cholesterol level, says LSU AgCenter nutritionist Dr. Beth Reames.

Reames advises getting a fasting lipoprotein profile to find out what your total cholesterol, LDL cholesterol, HDL cholesterol and triglyceride numbers are.

For total blood cholesterol, the desirable level is less than 200 mg/dL (milligrams per deciliter). The borderline high risk range is 200-239 mg/dL. The high-risk level is 240 mg/dL and above.

Reames says that, in general, people who have a total cholesterol level of 240 mg/dL have twice the risk of heart attack as people whose cholesterol level is 200 mg/dL.

For LDL cholesterol levels, the optimal level is less than 100 mg/dL. The near and above optimal level range is 100 to 129 mg/dL. The borderline high level is 130 to 159 mg/dL. The high level range is 160 to 189 mg/dL, and the very high level is 190 mg/dL and above.

Reames says LDL cholesterol levels are a better gauge of risk for heart attack and stroke than total blood cholesterol. The lower the LDL cholesterol level, the lower the risk.

For HDL cholesterol levels, the low level is less than 40 mg/dL, and the desirable level is 60 mg/dL and above. Reames explains that the higher figure is better in HDL levels, because higher levels of HDL are protective and help to lower your risk for

heart disease. For triglyceride levels, the normal level is less than 150 mg/dL. The borderline-high level range is 150–199 mg/dL. The high level range is 200–499 mg/dL, and the very high level is 500 mg/dL and above.

Reames says triglycerides also can raise heart disease risk. Levels that are borderline high (150-199 mg/dL) or high (200 mg/dL and above) may need treatment in some people.

"Discuss your risk for heart disease with your physician or other health care provider and take steps to reduce the risk factors that put you at risk," the nutritionist advises.

Reames recommends choosing foods that are low in saturated fat, trans fat and cholesterol. She says to check product labels.

Eating too many foods high in saturated fat may increase blood levels of LDL (bad cholesterol) and total cholesterol. High blood levels of LDL and total cholesterol are risk factors for heart disease.

Eating foods high in monounsaturated fatty acids may help lower LDL cholesterol levels and decrease risk of heart disease.

Eating polyunsaturated fats in place of saturated fats decreases LDL cholesterol levels.

Trans fatty acids act like saturated fats and raise LDL cholesterol levels. They may also lower HDL (good cholesterol) in the blood.

The nutritionist offers additional ways to observe cholesterol education month:

- Calculate your body mass index (BMI) with the BMI calculator and see how your weight measures up.

- Participate in physical activity of moderate intensity - like brisk walking - for at least 30 minutes on most, and preferably all, days of the week. Break the 30 minutes into three, 10-minute segments during the day, if you can't do it at one time.

- Don't smoke. If you do smoke, contact your health-care provider to discuss ways in which they can help you quit.

For information on healthy eating using the Food Guide Pyramid, contact the Extension agent in your area. For information on related family and consumer topics, click on the Family and Home link on the LSU AgCenter homepage, at www.lsuagcenter.com.

Persons wishing to be included on the LDEQ permit public notice mailing list should contact Ms. Soumaya Ghosn in writing at LDEQ, P.O. Box 4313, Baton Rouge, LA 70821-4313, phone (225) 219-3276, or by email at maillistrequest@ldeq.org.

Permit public notices can be viewed on the LDEQ Permits public Web page at WWW.deq.state.la.us/news/PubNotice/.

Alternatively, individuals may elect to receive the permit public notices via email by subscribing to the LDEQ permits public notice List Server at http://www.state.la.us/ldbc/list-servpage/ldcq_pn_listserv.htm.

All correspondence should specify AI Number 128895, Permit Number LA0121754, and Activity Number PER20050001.

RUN: Jan. 19 & 26 (J 29)

When should you see a doctor?

Sneezing, coughing, chills and aches... It's the time of year when these symptoms become all too common. Many facts on colds and flu are published each winter, but according to family physician Richard Sanders, MD, with The Clinic, Moss Bluff, most people still don't know the difference between the two.

"Although colds and flu are similar in many ways, flu can lead to more serious, life-threatening problems, like pneumonia," he explains.

A stuffy nose, sore throat and sneezing are often signs of a cold, whereas fatigue, fever, headache and major body aches and pain often indicate flu. Coughs can occur with either, but a severe cough is more common with the flu. Most people can function fairly normally with a cold, but their daily activities will be difficult with the flu.

"Although you feel miserable and desperately want a quick cure, it is not normally necessary to see your doctor about colds and flu unless there is a particular reason to do so. Many patients come in requesting an antibiotic, thinking this will cure their illness," says Dr. Sanders.

But antibiotics can do nothing to help, as they only kill bacteria, and colds and flu are both caused by viruses.

In most cases, individuals can treat themselves by treating the symptoms of the virus. Dr. Sanders recommends getting plenty of bed rest, drinking warm liquids, and taking aspirin or an aspirin substitute to relieve headache and muscle aches. A mild cough medicine and hot steam or over-the-counter decongestants can help relieve congestion.

Be sure to use an aspirin substitute for children under the age of sixteen. If you aren't sure which over-the-counter medications to take for your symptoms, check with your doctor," says Dr. Sanders.

He says most people recover from a cold in a few days, and from the flu in seven to 10 days.

"If your symptoms get worse, instead of better, call your doctor," says Dr. Sanders.

He says you should also

call your doctor right away if you experience any of the following symptoms in conjunction with your illness:

Difficultly breathing or chest pain

Aside from the stuffy nose and some general muscle aches, a cold or the flu should not make you short of breath or cause pain in your chest. These could be symptoms of a more serious problem such as heart disease, asthma, pneumonia, or others. Contact your doctor or go to the emergency room.

Persistent Fever

This can be a sign of a secondary infection in your body that should be treated.

Vomiting or Inability to Keep Fluids Down

Your body needs fluids to stay hydrated. If you can't keep down fluids, you may need to go to the hospital to receive fluids intravenously.

Painful Swallowing

This is not normal. Although minor discomfort when you swallow can come from a sore throat, severe pain can be a sign of an infection or injury that needs to be treated by a doctor.

Persistent Coughing

A cough that won't go away is usually just postnasal drip that may be treated with antihistamines. However, it could also be related to asthma or GERD, both of which can be treated by your doctor. In recent years, doctors have found an increase in a former childhood infection called pertussis (whooping cough in children). So if you have an unexplained cough for more than 2 to 3 weeks, your doctor may want to try an antibiotic to treat this type of infection.

Persistent Congestion and Headaches

Colds and allergies that cause congestion and blockage of the sinus passages can lead to a sinus infection. If you have symptoms don't go away with usual medication, you may need to be treated with antibiotics. See your doctor if these symptoms persist.

For more information about cold or flu, or to schedule an appointment, call The Clinic, Moss Bluff at 312-0030.

Fighting crime in cyberspace

Police patrol the community to keep you and your possessions secure from burglars who prowl the neighborhood. But what does it take to keep your identity safe from thieves who cruise the information highway? The Federal Citizen Information Center has a new package of publications that can help you protect your whole family, from kids to grandparents, from identity theft and fraud on the Net.

Use "Crime Prevention in the Information Age" from the National Crime Prevention Council to get the latest warnings about computer-related crimes. Co-sponsored by ADT Security Services Inc., this kit includes a 12-month calendar with tips on how to prevent ID theft. Each month features helpful topics to help you and your family fight crime in Cyberspace. Teaching children about not sharing private information online, and keeping seniors safe from Internet scams are just a few of the subjects. There's a list of the most common scams and schemes, and a family guide to using the Internet.

For tips on how to protect your personal information when shopping online, read "Site-Seeing on the Internet" from the Federal Trade Commission. Find out how checking the privacy policy on a company's website can let you know how they will use your personal information and whether they'll share it with third parties.

And if you're eligible for the new Medicare prescription drug coverage, you may receive information online about different plans. Read "Medicare: Protecting Your Personal Information and Yourself from Identity Theft and Fraud" from the Centers for Medicare & Medicaid Services to learn how to keep your personal information safe. Remember that companies working with Medicare can't ask for payment online or over the telephone. Look for the "Medicare-approved" seal on all materials, and call 1-800-MEDICARE for help or more information.

Keep your online community just as safe as the community you live in by ordering the Fighting Crime in Cyberspace package. There are three easy ways to get your package:

* Send your name, address, and a check or money order for \$1.00 to the Federal Citizen Information Center, Fighting Crime in Cyberspace, Pueblo, Colorado 81009.

* Visit: <http://www.pueblo.gsa.gov> to read or print out these and hundreds of other federal publications for free.

* Call toll-free 1 (888) 8 PUEBLO. That's 1 (888) 878-3256, weekdays 8 a.m. to 8 p.m. Eastern Time and ask for Fighting Crime in Cyberspace.

Get even more information and take advantage of federal online resources at <http://www.FirstGov.gov>. It's government made easy.

Eight ways to enjoy Valentine's Day

Everywhere you look headlines, billboards and advertisements are telling us how to celebrate Valentine's Day. If you're in a relationship all this hype can be fun and romantic, but what if you don't have a significant other to celebrate Valentine's Day with this year? All these messages can be grueling whether you're an adult or a teenager. The folks at HeyUGLY.org say you don't have to be doomed to a day and night of misery and self-doubt. Instead of wallowing in your "alone" status as if it was some impossible-to-shake-stigma, HeyUGLY.org offers some suggestions on how to celebrate the day with

their list of the eight things you can do without a significant other this Valentine's day.

1. Celebrate yourself. Make a list of all of the wonderful, unique qualities you bring to the world. Note all of the things that you like about yourself and create a Valentines card that you can give yourself.

2. Buy yourself a gift. If you've been putting off getting that new CD, DVD or video game now is the time to buy it and give it to someone who really deserves it ... YOU!

3. Take yourself out on a date. Go to a movie, hit the mall or treat yourself to a special dinner. Show yourself how much you value YOU.

4. Have a party ... Friends are one of life's greatest gifts. Let your friends know how much you appreciate them. Invite everyone over and have them all bring one of their favorite foods to share with the group.

5. Volunteer ... Go to a local hospital, nursing home or animal shelter and bring some joy into someone's life. Reach out to help others and enjoy the gift of giving to others.

6. See your inner beauty. Go to the local library or bookstore and read a couple of good books that will nourish your soul. We are all culturally trained to worry about what our outside looks like; when real beauty radiates from within.

7. Put a smile on your face and laugh. That's right. In the book, The Hidden Messages in Water, the author explains how to change one thought process into another you need to replace it with it's opposite. So, if you are feeling sad make yourself laugh.

8. Take care of your heart. Since this is the holiday of hearts why not be good to yours and exercise it. Go to the gym, take an hour jog, shoot some hoops. Get moving and let nature's natural mood elevator - endorphins - kick in and raise your spirit!

CLASSIFIEDS

REAL ESTATE

HI FRIENDS in Cameron Parish! If you are interested in buying or selling houses/properties, please call me. RE/MAX Realty Pros at 478-2668 or 274-9996. Ask for Analée Guilbeaux Gregory. 1/4 - 1/26mc.

FOR SALE: Old Town Rd., Hackberry, 2-3 bdrm, detached garage, add'l bldg on 1+ acre fenced lot. Sold as is w/Rita flood damage and interior walls semi-gutted. \$47,000. Also for sale adjacent 1/4 acre w/lg bldg. \$9,500. Call 337-558-745. 1/18p.

FOR SALE To Be Moved: 2 bedroom house on Parish Rd 356 between Cameron & Creole. Damaged by Rita, but fixable. Call 562-9908. 1/25p.

4.429 ACRES in Grand Lake. Was originally set up for mobile home with mechanical system and electricity and water. Motor missing on mechanical. Priced at \$42,000.00. Call Grace for details. 1/11tfc

FOR SALE: 70+ acres, cleared & improved pasture, fenced & cross-fenced cattle pens, camp & 3 barns, pond, electricity & rural water. South Beauford school district. \$250,000. Phone (337) 477-9717 or 438-2392 1/4 & 1/11 mc.

HOUSE FOR Sale. Elevated home on 1.25 acre lot in Garber Subdivision. Approximately 3 miles from Down Town Cameron. Over 3000 sq-ft of heated living. 5 Bedrooms, 3 Baths. Floor sits 15.6 feet above flood elevation. House experienced damage from Rita and needs repairs. Call (843) 402-9695 1/11 - 2/2mc.

FREE TO Be Moved: Three bedroom, 2 bath. Metal roof in excellent condition, withstood hurricanes Audrey and Rita, located at 1316 E Creole Hwy, house to be moved. Call Larry at 912-1872. 1/18 - 3/8mc.

RV SALES

HUNDREDS OF travel trailers arriving for lease to home owners with insurance claims. Minimum lease is 6 months. Kite Bros., LLC, Hwy 171 N, DeRidder, La. 1-800-456-2724. www.kitebros.com 11/3tfc

FOR SALE

METAL OUTLET Metal Roofing ~ Carports ~ Metal Buildings ~ Patio Cover Kits ~ C's & Z's ~ Custom Trim ~ RV & Equipment Covers ~ Metal Doors ~ Windows. 337-625-2778. 2241 E. Napoleon, Sulphur. Open Mon.-Fri. 7 am-5 pm, Sat. 7 am-12 noon. ttc.

TREE SVC & CLEANUP

ATLAS TREE Works: Chain saw and right-a-way crews. Wench truck service, stumps, pulled and demolition work. Anytime 786-3037 or (cell) 884-0107. 1/18 & 1/25p.

NOTICE

WANTED: I am interested in purchasing a beachfront lot between Johnson Bayou and Grand Chenier, especially on Rutherford Beach, east of Cameron. If water and lights are available, will be a big plus. Contact Johnny Zeller at 731 Hummingbird Lane, Marshall, Arkansas, 72650 or call: 1-870-448-5106 Run: 1/5 - 1/26mc.

HELP WANTED

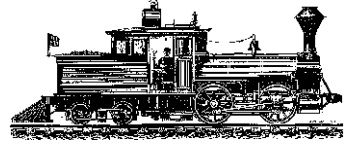
WHETHER LOOKING to store household possessions, or need boat or RV storage, A+ Mini Storage has the professional local facilities to meet your needs. Located at 4611 Hwy 27 South, Carlyss. Call 558-5805 for information. 9/14 - 2/21 eow

DRIVERS / OWNER Operators: Fleetwood Transportation is now hiring Owner Operators to pull Flatbed trailers. Great rates, 100% fuel surcharge paid, with great home time. We can help you be more profitable. To find out if you can be part of our "BIG BLUE" team and what we have to offer you, call 888-276-9923. 1/18 25p.

DRIVERS: FLEETWOOD Transportation is now hiring company drivers to pull wood chips in local area. Are you ready to be home every day? Are you ready to work for a company with great benefits? To find out if you can be part of our "BIG BLUE" team and what we have to offer you, call 888-276-9923. 1/18 25p.

DRIVERS / OWNER Operators: Fleetwood Transportation is now hiring Owner Operators to pull wood chips in local area. Great rates and great home time. We can help you be more profitable. To find out if you can be part of our "BIG BLUE" team and what we have to offer you, call 888-276-9923. 1/18 - 25p.

DRIVERS / OWNER Operators: Fleetwood Transportation is proud to announce a NEW PAY package for Owner Operators to pull our dry vans. We can help you be more profitable. To find out if you can be part of our "BIG BLUE" team and what we have to offer you, call 888-276-9923. 1/18 - 25p.



NOTICE

TO REGISTERED VOTERS OF HACKBERRY, PRECINCTS 3 & 4

Due to the damage caused by Hurricane Rita to the Voting Precincts located at the Hackberry Recreation Center, 1250 Recreation Lane, these Polling Places have been relocated to the HACKBERRY FIRE STATION located at 1025 WEST MAIN STREET for the upcoming Calcasieu-Cameron Hospital Service District Proposition Election to be held on Saturday, January 21, 2006. This move was authorized and approved by a resolution passed on January 3, 2006 by the Cameron Parish Police Jury.

RUN: January 19 (J-31)

Take steps to keep bones healthy

It's time to bone up on bone health. A recent U.S. Surgeon General's report estimates that at least half of those over age 50 will suffer osteoporotic fractures by the year 2020.

Orthopaedic specialist Dennis Walker, MD, with the Center for Orthopaedics, says the good news is it's not too late to turn those statistics around. "Simple steps in youth and middle age can help preserve bone strength. Our skeletons provide the framework for a healthy, active body. And just as you need to maintain the your home or car as it ages, you have to take steps to maintain the supporting structure of your body -- your bones."

Dr. Walker says the human body continues to build bone until approximately age 30. "Healthy nutrition during childhood and young adulthood maximize bone-building potential, but even after age 30, high levels of dietary calcium and other nutrients help slow the gradual loss of bone that comes with age," he explains.

For optimum health, bone needs several nutrients. In addition to calcium, phosphorus, magnesium, and zinc are all nutrients that support bone, allowing for the creation of enzymes and different proteins needed to keep bones healthy. Calcium remains the most important factor in bone-healthy diets, with current U.S. Department of Agriculture guidelines recommending that children consume the

equivalent of 2 cups of milk per day, and adults take in the equivalent of 3 cups daily. And foods are better than supplements when it comes to calcium, since calcium retains its integrity better in whole foods than in pill form.

Bones also need vitamin D, which your skin makes naturally whenever it's exposed to UV sunlight. "Vitamin D is what allows your body absorb calcium into the bloodstream," says Dr. Walker. "Unfortunately, with today's indoor-oriented lifestyles, many people don't get the 15 to 20 minutes of bright sun that bodies need to build and maintain bone. And without vitamin D, even if you drink your milk or take your calcium supplement, your bones won't get the benefit. You've got to absorb natural sunlight to boost your vitamin D production."

Dr. Walker says a great way to get your daily quotient of sunlight is take a short walk -- at lunchtime would be best. "You'll actually get a double benefit from the walk," he adds. "Walking, or any weight-bearing exercise, is also critical for strong bones. With bone, it's a use-it-or-lose-it situation."

Research shows that the younger population underestimates their risk for bone loss and fractures. "They think 'It's never going to happen to me,' or 'I can worry about that later,'" says Dr. Walker. But in fact, the Surgeon General's report, released late last year, found that 34 million Americans

over 50 are already at high risk for bone fracture.

Current data from the American Academy of Orthopaedic Surgeons (AAOS) suggest that "fragility fractures" in adults -- fractures occurring from falls at standing height or less -- are "red flags" that bones aren't as strong as they should be. And fractures in old age can be even more dangerous. According to the AAOS, one out of every three to four elderly men, and one out of every four to five elderly women, will die within one year of a hip fracture.

Dr. Walker adds that fragile bones have a big impact on overall quality of life. "Older people who have these types of fractures may need a walker or cane for the rest of their lives. They lose their ability to go to the store, have lunch with friends, walk down the driveway and many other daily activities. No one wants to imagine a future with such restriction on the activities they enjoy. That's why it's so important to pay attention to diet and exercise now so that your bones will be healthy throughout your life."

For more information about bone health, call the Center for Orthopaedics, call the Lake Charles office at 494-4900 or the Sulphur office at 528-2900.

NOTICE

A special School Board meeting will be held at LSU Ag Center, 7101 Gulf Highway, Lake Charles, LA on Friday, January 20, 2006 at 9 a.m.

AGENDA:

1. Call to order.
2. Consider receiving public comments pursuant to the vacant school board member position. Election District #1, Cameron Parish School Board, Cameron, Louisiana;
3. Consider receiving comments from members of the Cameron Parish School Board pursuant to the vacant school board member position, Election District #1, Cameron Parish School Board, Cameron, Louisiana;
4. Consider appointing an individual to complete the unexpired term in Election District #1, Cameron Parish School Board, Cameron, Louisiana pursuant to legal governance;
5. Adjourn.

RUN: Jan. 19 (J-30)

NOTICE TO THE PUBLIC

The Cameron Parish Police Jury is encouraging all citizens interested in seeking immediate recruitment for high quality, recovery-related jobs to attend the "Workforce Recovery Initiative" being conducted by Reforger, Inc. to be held from 8 a.m. - 8 p.m., Wednesday, January 25, 2006, at the Hackberry Community Center in Hackberry.

RUN: Jan. 19 (J-22)

Fighting Erosion at Camps with Plants



In Louisiana's eroding coastal marshes, it's common to see water lapping hungrily at the front steps of camps that were once surrounded by solid ground. Camp owners can help prevent erosion and actually build land around their camps by replacing lost shoreline plants that absorb wave energy.

The kinds of plants that work best are stiff-stemmed species that grow in water, called "edge" plants. They should be planted at the shoreline. As waves wash against them, the plant stems break the water's force, reducing land-gobbling surges to gentle eddies.

In a salt or brackish marsh, smooth cordgrass (*Spartina alterniflora*) is recommended. For freshwater, giant cutgrass (*Zizaniopsis miliacea*) is ideal. Bullwhip (*Scirpus californicus*), also called bulrush, is another edge-zone plant that can be used in shallow, interior lakes where wind-whipped waves eat away shorelines.

Plants for shoreline protection should be planted in rows parallel to the shore and as close together as possible so they will grow together quickly. Grasses should be planted at average or mean tide line. The plants should be planted deep enough so that the soil ball is well anchored, but high enough so the stems can bend with the wind.

Many wetland plants can be purchased in containers from most commercial wetland nurseries. Digging up and transplanting wild stock could create problems in the area where the plants were harvested.

Sea Grant
LOUISIANA
www.seagrantsfish.lsu.edu

Please Join Us for a Community Open House on the Proposed Expansion of Cameron LNG



Cameron LNG project rendering with proposed expansion

Cameron LNG is a \$700 million investment in southwest Louisiana currently under construction just north of the community of Hackberry in Cameron Parish. This liquefied natural gas receipt terminal, which has received all its major construction permits, will have the capacity to process at least 1.5 billion cubic feet of gas per day and is scheduled to begin commercial operation in late 2008.

Due to interest by potential customers, we have filed with the Federal Energy Regulatory Commission (FERC) to expand this facility to be able to process up to 2.65 billion cubic feet of gas per day. No new land will need to be acquired or changes made in the size of the berth area as the project has sufficient acreage to accommodate this expansion.

We invite you to join us for a community open house event regarding this proposed expansion:

DATE

Thursday, January 19
5:30 p.m. to 7:30 p.m.

LOCATION

Hackberry School Cafeteria
1390 School Street
Hackberry, LA 70645
(337) 762-3305

At this event, you'll get the latest information on the proposed expansion of the Cameron LNG receipt terminal. In addition, the Cameron LNG project team - including technical and environmental specialists - will be on hand to answer questions and get your input on expansion elements, which will include one additional storage tank for a total of four, and LNG vaporization capacity. FERC representatives have also been invited to attend.

A light dinner and beverages will be provided.

For more information regarding this community open house event, please call us toll-free at 1-877-736-7729 or e-mail SempraCommunity@Sempra.com. We look forward to seeing you there.

For more information on Cameron LNG, please visit our website at www.cameronlng.com.

