



Speed limits are set for beaches in the parish

BY JERRY WISE

Speed limits ranging from 10 to 15 miles per hour will soon be set for Cameron Parish beaches by the Cameron Parish Police Jury.

The jury was authorized to set the speed limits by a recent bill passed by the Legislature which will go into effect on Aug. 15. The bill also prohibits the riding of vehicles on beach dunes.

Jurors Monday discussed proposed speed limits with representatives of Beachfront Development Districts 1 and 2 which take in all of the beaches of the parish.

A 15 mile speed limit will be set for the beach at Holly Beach.

A 10 mile speed limit will be set for the Johnson Bayou and Rutherford Beach areas.

The proposed ordinance is published elsewhere in this issue of the Pilot and gives the exact description of the beach areas where the 10 and 15 mile speed limits will be in effect.

The jury will vote on the final adoption of this ordinance at its Aug. 15 meeting.

The speed limits will primarily affect 4-wheelers, although cars and trucks are also affected.

Signs were recently set up in the Holly Beach-Constance Beach areas prohibiting the riding of any type of vehicles on the new recently sand replenished beaches there.

Under the proposed ordinance, exceeding the authorized speed on parish beaches could result in a \$300 fine or up to 30 days in jail.

APPOINTMENTS

Jurors reappointed the following people to various boards of commissioners:

Lloyd Badon, Waterworks Dist. 1; Michael Baccigalopi, Fire Dist. 9; Clifford Broussard, Greg Hornsby, Urcin Miller, Jr., Eula Lee Monceaux and GERALYN MYERS, Fire Dist. 16.

Also Kyle Theriot, hospital board; John Conner, Catherine Miller, Waterworks Dist. 9; Cliff Cabell, J. P. Constance, West Cameron Port.

Also reappointed were David French, Ambulance Dist. 9; Jeffrey Richard, Danny Boudreaux, Yolanda Clark and Kris Bonsall.

Dwight Savoie was appointed to replace Robert Manuel on the West Cameron Port Board.

BIDS ASKED

Jurors approved of advertising for bids on surplus equipment in Hackberry; covered pavilion at the Jetty Fishing Pier; overlay of Kathy

Road and the purchase of limestone.

AGREEMENTS

Jurors approved interagency agreements between these districts:

*Fire Dist. 7 and South Cameron Hospital, donation of an ambulance;

*Fire Districts 7 and 9 to provide mutual aid to each other;

*Waterworks Dist. 7 and the Police Jury to locate a water tower on parish property near the Cameron barn.

FEMA MEETING

At the suggestion of Juror Dusty Sandifer, jurors agreed to request the Federal Emergency Management Agency (FEMA) to send a representative to a special meeting with the jury to discuss the federal flood insurance program.

In the past the agency has allowed the jury to grant variances from the building elevation requirements when there was a good medical reason.

Sandifer said FEMA has been denying recent jury variances and threatening to disallow a 5 percent discount to parish builders on flood insurance.

The juror said he wanted a "face to face" explanation of these new developments.

ASSISTANTS OKED

At the request of the Office of Emergency Preparedness Director Freddie Richard, the jury agreed to pay two assistant directors \$150 a month each to assist the director with civil defense duties.

These funds will come out of Richard's \$500 monthly salary.

The present assistant directors are Eddie Benoit and John LeBlanc.

OTHER BUSINESS

In other business the jurors:

*Approved a liquor permit for Mary N. Monceaux for Babe's Cajun Motel & Grill in Hackberry.

*A delegation of home owners on Cathy Road at Grand Lake asked the jurors when they could get their road blacktopped. Jurors told them to discuss the matter with their juror.

*At the end of the regular meeting jurors went into an executive session to discuss a suit brought against the parish by several land owners over erosion along a canal in the Grand Chenier area.

Absentee voting starts

Absentee voting is being held Monday through Saturday, July 7-12 in the Cameron Registrar of Voters office on a \$5 million bond issue for Grand Lake High School. Hours are 8:30 a.m. to 4:30 p.m. weekdays and 8:30 a.m. to noon on Saturday.

Residents of Cameron Parish School District 4-the Grand Lake-Sweet Lake-Big Lake area--will vote on Saturday, July 19 on a proposed 20-year \$5 million bond to make improvements at Grand Lake High School. If the bond passes, money will be used to add 14 new classrooms in a new upper elementary and middle school wing, a new kindergarten/Pre-K wing, a new kitchen and lunch room facility, library expansion and a new centralized computer lab.

School board to meet on Monday

The Cameron Parish School Board will hold its monthly meetings on Monday, July 14 with the finance meeting at 4 p.m. and the regular meeting at 5 p.m.

Among the items to be considered are:

*Consider a proposal to use Audrey Memorial School property as a Scholastic Clay Target Program shooting site as requested by Bill Morris.

*Consider adjusting class size enrollment as presented by Supt. Doug Chance.

*Consider advertising for bids on surface leases on various school board sections.

*Consider an extra-curricula assistance proposal by the superintendent.

*The the resignation or retirement of three teachers.



WORK HAS begun on several turnouts on Hwy. 27 south of Hackberry. These will provide off-the-road parking for visitors to view the birdlife and marshes. Two of the turnouts are located on the Sabine National Wildlife Refuge, one of which is pictured above. Most of the funding is coming from the Creole Nature Trail National Scenic Byway.

Pinch is candidate for Juror

Phyllis S. Pinch has announced as a candidate for Police Juror of Dist. #5, the Creole area. She is a graduate of South Cameron High and McNeese State University.

Mrs. Pinch has taught in Cameron for the past 19 years. She is a board member of Ambulance Dist. #1, member of SAFE, and a member of Sacred Heart Catholic Church of Creole.

She has been married to Pat Pinch for the past 32 years. They are part owners of General Marine, Inc. and Deep Down, LLC. They have two grown children, Jami and Aaron Pinch.

Funds are raised for lighthouse

The Cameron Parish Preservation Alliance cleared \$6100 on its "Cow Patty Bingo" held Saturday and Sunday at the Gene Constance Rodeo Pen at Holly Beach.

Kane Crain was the winner of the \$2000 cash prize determined by where a cow made a "deposit" on one of the 81 squares laid out on the ground.

Many spectators turned out at 2 p.m. Saturday for the event, but the cow and nature refused to cooperate and the event was postponed after four hours to Sunday morning.

Sunday two cows were put into service at 10:30 and finally at 2 minutes to noon the "drop" was made and the winner determined.

Funds raised will be used to help restore the Sabine Lighthouse west of Johnson Bayou.

The virtue of man ought to be measured, not by his extraordinary exertions, but by his everyday conduct. -Blaise Pascal

Alligator Fest. planned

Plans are being made for the 18th annual Alligator Harvest Festival sponsored by St. Eugene Catholic Church of Grand Chenier to be held Sunday, Oct. 6, beginning at 10 a.m. at the Grand Chenier State Park.

In addition to live music, the day's events will include Cajun food and barbecue, children's games, cakewalks, auctions, country store, Sturlese Memorial Award for the largest alligator and many more activities.

For more information call Father Vincent at 538-2245 or Zeke Wainwright at 775-5578.

Co-op meet set Monday

The Jefferson Davis Electric Cooperative will hold its annual meeting on Monday, July 14 at the Cameron Elementary Auditorium with registration at 8 a.m.

Coop members who attend will have the opportunity to win 22 door prizes including a first prize of a big screen television.

The Coop serves most of the residents of Cameron Parish. Its main office is in Jennings, but there is a branch office in Cameron.

Parish to be featured on French television

By CYNDI SELLERS

Cameron Parish will have a featured role in an upcoming documentary about Louisiana to air on French TV in November. A team of journalists from TV 3 Thalasca in Paris spent three days in the parish documenting Cajun and southwest Louisiana culture.

Lead reporter Beatrice Berge, cameraman Jean-Pierre Heckmann, and sound technician Remy Goumain are spending two intensive weeks in Louisiana collecting material for the documentary, which will also be aired in Lafayette.

In Cameron Parish, the team visited with Loretta Theriot, local author and French teacher, learning about the life of a Cajun woman, Cajun cooking, and Cajun culture. They attended a fais-do-do, visited Rocke-

efeller Refuge for alligator footage, attended the July 4 celebration in Lake Charles, and took in the sights at Holly Beach, the "Cajun Riviera."

Their first week in Louisiana proved to be a trial for the journalists, due to the weather. After arriving in New Orleans on Monday, June 30, during tropical storm Bill, Berge said the rain seemed to be following them all week. "In Lafayette it was raining on us and nowhere else around. At Avery Island the next day it was the same, we had rain and it was clear all around."

While they were in Cameron, it rained at least part of everyday, but these challenges are part of a journalists job. After working 12-15 hours a day for two straight weeks, the team plans to take a holiday when they return to France.

All three said they enjoyed their stay in Cameron Parish.

Parish students named as Regents Scholars

More than 5800 Louisiana high school graduates have been named Board of Regents Scholars for 2003. The honor is afforded graduates who both earned a cumulative grade-point average of at least 3.5 and completed the Regents Core Curriculum, currently identical to the 16.5

units of college preparatory courses required for TOPS.

The Regents Scholar program began in 1984 as a way to encourage Louisiana high school students to complete a more rigorous high school curriculum and thereby improve their college readiness.

"The Regents Scholar program has always been an important means of recognizing academic achievement while motivating students to become better prepared for college," said Commissioner of Higher Education Joe Savoie. "And now the program has taken on even greater significance. To be a Regents Scholar is to automatically qualify for Louisiana's TOPS scholarship program."

Award recipients receive a frameable certificate and a seal of acknowledgment on their high school diplomas.

Cameron Parish students named as Regent Scholars include:

Lynsi Kaitlyn Conner; Ashley Michelle Kelley; Parry Dean LaLande, Jr.; Ashley Elise Reyes; Chelsi Leigh Styron; Travis Raphael Swire and Lindsay Carol Willis.

Beach meet set July 14

The Cameron Parish District 1 Beachfront Development Board will meet at 7 p.m., Monday, July 14 at the Holly Beach Fire Station. For more information call John Poole at 762-4468.

The beach district includes the beaches on the west side of Cameron Parish.

Hackberry KCs to meet

The Hackberry Knights of Columbus Council will meet Wednesday, July 16 with a rosary at 6:15, meal at 6:30 and the meeting at 7 p.m. The meeting will be held at Devall Landing.

The CCD bingo will be held Saturday, July 19 at the Hackberry Community Center.

Wyoming became the 44th state on July 10, 1890



THIS PHOTO OF menhaden fishermen hauling in a catch of menhaden (pogy) fish was taken more than 40 years ago off the Cameron coast. Cameron has been one of the leading menhaden fishing ports for many years.



SURF FISHING is becoming more popular along Cameron Parish beaches, which are the longest stretch of accessible beaches in Louisiana. (Creole Nature Trail National Scenic Byway photo.)

Junior Braford Association holds state show at Cameron

By SUSAN BOUDREAU

The Louisiana Junior Braford members rode into town the weekend of June 27-29 for the State Braford show. The show was held in the Cameron Parish Barn. Friday Katelyn Reina was named the 2003 queen.

Saturday morning the Showmanship Contest was held. Local exhibitors were: Jenna Picou, Cami Richard, Ty Savoie, Kathryn Reina, Jolie Boudreaux, Bailey Richard, Jarret Richard, Trevor Nunez, Zackary Theriot, Jolie Boudreaux, Ty Savoie, Kathryn Reina, Christina Boudreaux, Heather Granger, Katelyn Reina, Jacob Nunez, and Keaton Boudreaux.

The overall Super Pee Wee was Michaela Herpin; Junior Showman was Jolie Boudreaux; Intermediate Showman was Jessica Petry, and the Senior Showman was Sarah Boudreaux.

Later that evening we held a bonfire and wiener roast at the beach located behind Cameron Recreation Center.

The Percentage Braford Show started the show off on Sunday morning. The local exhibitors were: Braids LaBove, Scottie Nunez, Kaysha Fontenot, and Chance Baccigalopi with Chance having the Grand and Reserve champion Percentage Heifers.

The Braford Bull show followed with local exhibitors being: Bailey Richard, Jolie Boudreaux, Katelyn Reina, Keaton Boudreaux, Jacob Nunez, Trevor Nunez, Cami Richard, Jake Boudreaux, Zackary Theriot, Scott Savoie and Heather Granger.

Jacob Nunez had Champion Bull Calf and Jolie Boudreaux had the Reserve. Jake Boudreaux had the Champion Yearling Bull.

Kade Petry exhibited the Grand Champion Braford Bull and Jake Boudreaux had the Reserve Champion Bull.

The heifer show ended the day with local exhibitors being: Kara Picou, Nathan Huffman, Kobi Richard, Jarrett Richard, Jenna Picou, Sarah Boudreaux, Bailey Richard, Lancey Richard, Trevor Nunez, Zackary Theriot, Jolie Boudreaux, Ty Savoie, Kathryn Reina, Christina Boudreaux, Heather Granger, Katelyn Reina, Jacob Nunez, and Keaton Boudreaux.

Kara Picou exhibited the Champion Fall Heifer Calf and Christina Boudreaux had the Champion Senior Female.

The Grand Champion Braford Heifer was shown by Christina Boudreaux and the Reserve Champion Heifer was exhibited by Nicholas Broussard.



God Bless
America &
Our Troops
Around the
World!!

Memorial Books given to Library

New memorial books at the Cameron Parish Library include:

Let The Games Begin: Olympic Team At The XIXth Olympic winter Games, Sonny Boy Primeaux by Jaimie, Tina, Christina and Jolie Boudreaux;

Cajun Music & Zydeco, George S. Broussard by Jaimie, Tina, Christina and Jolie Boudreaux;

World Of The Wild West, Russell Nunez by G. C. and Brenda Quinn;

1, 2, 3 Church, Theresa Belanger by Brenda and G. C. Quinn;

Roughstock, Sonny Boy Primeaux by Brenda and G. C. Quinn;

Comets, Asteroids & Meteorites, Jeffery DeShields by Brenda and G. C. Quinn;

The Story Of Jesus, Amber Broussard by John and Carolyn Brown;

Management Success Secrets, Ronald Paul Murphy by Charles F. Hebert, Terry Hebert, Judy H Cagle and Staff of Hebert Abstract Co. Inc.;

Hiking America's Geology, Ronnie Murphy by Joey and Belinda Dockins and family;

The Blue Planet, Amber Broussard by Trudy S. Heflin; Disney The Art Of Finding Nemo, Amber Broussard by Pat and Donna McDonald.

Porties to hold reunion

The Portie family reunion will be held Sunday Aug. 3, at the PPG Family Center in Sulphur. Each family should bring a covered dish and cold drinks.

Bring any family mementos you would like to share. For more information contact Sweetpea Portie at 527-5599 or Judy Foy at 527-5775.



Give The Gift of Life!

CAMERON OUTDOORS

Fishing rodeos in full swing in SW Louisiana

Anglers have been dodging the thunderstorms for a month, and the start of the 66th Annual Southwest Louisiana Fishing Rodeo was the same for Friday and Saturday, with Sunday looking better.

Although there were rough waters and heavy rain, some good fish were caught Friday and Saturday. Few boats ventured far from shore and anglers did lots of their fishing in Big Lake at the Cameron and Grand Chenier Jetties and on Rockefeller Refuge.

Redfish, speckle trout, king mackerel along with croaker, sheepsheads and flounders were turned in. A 32.2 pound redfish and the 7.36 trout were very impressive at the weigh-in. A 51 1/2 pound drum and a 47 pound garfish along with a 20.40 red snapper looked good going into Sunday. History was made for the first time for the Southwest Louisiana Fishing Rodeo as Kevin Natali was again outstanding angler, which is two years in a row.

He won the fishing group and the fly fishing group. He has won five outstanding angler titles in the past five years in both their categories, 3 as overall outstanding angler and two fly fishing angler and this year he got both for the 2003 rodeo.

The Outstanding Lady Angler was Chi Chi Hantz, Outstanding Junior Angler Gina Dalovisio, in scuba Diving D. J. Page. The top boat was the Git Sum.

The largest fish of the rodeo was a 68.6 pound yellowfin tuna caught by Chris Pulver. Darren Gaspard had the second largest fish of the rodeo, a 68 pound wahoo.

Brent Morvant won the \$1000 for the largest speckle trout of 7.77 pounds. He also had a third place trout of 7.36 pounds. Second place trout was 7.64 pounds. Ron McCall had the largest blue marlin for tag and release, approximately 350 pounds.

There were 410 anglers taking part in the rodeo event.

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Bible School told by 1st Baptist

First Baptist Church of Cameron will hold a Vacation Bible School July 14-18 from 6-8:30 p.m. for all children from Kindergarten through just completed sixth grade.

Students will take on the role of detectives in London, England and track down clues through Bible study, music, crafts, and missions. Throughout the week pupils will also learn about the famous sights and landmarks of London, such as Big Ben, Piccadilly Circus, Buckingham Palace and double-decker buses.

A registration and preview party will take place on Saturday, July 12 from 10:30 - noon. Children will play games and have a hot dog lunch.

Family Night will be Friday, July 18. Parents, family, and friends are invited to the program featuring music learned throughout the week. Rev. Alton Hodnett, pastor, is principal of the school. For more information call him at 775-5446 or call Cyndi Sellers at 775-7586.

DATES TO REMEMBER
Every Monday 5:30 p.m. Gibbstown Dogfight.

July 8: Lemesche Bass Club meets at 5 p.m. Tuesday afternoon, speck dogfight, Hebert's Marina.

July 12: Calcasieu Trout Shootout, CCA Annual Event.

July 13: Lemesche Bass Club sixth tournament, Big Burns.

FISHING TIMES
Best, good; Friday, July 11: 9:30 a.m., 3:30 p.m.; Saturday: 10:30 a.m., 4:30 p.m.; Sunday: 11:30 a.m., 5 a.m. and 5:30 p.m.; Monday: 12 p.m., 6 a.m. and 6:30 p.m.; Tuesday: 1 p.m., 7 a.m. and 7:30 p.m.; Wednesday: 2 p.m., 8 a.m. and 8:30 p.m.; Thursday: 3 p.m., 9 a.m. and 9:30 p.m.

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The situation was very unexpected and not of my choosing and my biggest regret is that I cannot continue to provide dental care for the same wonderful people who have supported me all these years.
I hope that you will continue to support the dentist that I transfer my practice to and if you have any immediate needs in the very near future, please contact Mirinda Morales at 542-4729.
Thank you and God bless all of you.
Marck P. Smythe



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Cameron Elementary School Auditorium
Cameron, Louisiana
REGISTRATION -- 8:00 a.m.
22 DOOR PRIZES
Including Two Prizes Just For Children Under 16
FIRST PRIZE -- BIG SCREEN TELEVISION
ALL MEMBERS ARE URGED TO ATTEND

Pavell KC Council holds installation of officers

The F. J. Pavell Knights of Columbus Council named Rodney Guilbeau Knight of the Month and Edmond and Alberta Trahan Family of the Month at the June meeting.

Senior Citizen Bingo is Mon., July 14 at 9:30 a.m. at the Johnson Bayou Gym co-sponsored by the KC and Johnson Bayou Recreation Center.

The next KC Bingo will be held on Sun., July 13 & 27 at 2 p.m. at the Renewal Center.

The next meeting will be held on Mon., July 21 with a rosary at 6:15 p.m., meal at 6:30 p.m. and meeting to follow. The hosts for the meal are Mabel & Tommy Pease.

A Scholarship Award was given to Dominique Sandifer at the Johnson Bayou High School Graduation May 23. The Patriotic Award was given to Dominique Sandifer. CYLA Winners were Jana Billiot and Brandon Trahan.

Installation of officers was held as follows: Grand Knight - Heath Jinks; Deputy Grand Knight - Edmond Trahan; Chancellor - Tommy Pease; Warden - Farrell Blanchard; Treasurer - Ray Young; Recorder - Glenn Trahan; Advocate - Rev. Roland Vaughn; Inside Guard - Tim Trahan; Outside Guard - Ricky Romero.

Trustees - Glenn Trahan, Sonny McGee, Edmond Trahan; Financial Secretary - Gerald touchet; Chaplain - Rev. Roland Vaughn.

Application for membership by Jacob LeBleu, Ricky Menard, Kyle Badon and Jeremy Trahan have been

accepted. Tommy Pease was thanked for securing donations to purchase 3 toilets for the Renewal Center.

Ray Young will chair a committee to collect cans to raise money for the scholarship fund.

Season is closed on shrimping

Louisiana Department of Wildlife and Fisheries Secretary James H. Jenkins, Jr. announced the closure of the 2003 spring shrimp season in inside waters within portions of Shrimp Management Zones 1 and 3 on Monday, July 7, at 6 a.m.

The spring inshore shrimp season will be extended until further notice in that portion of Mississippi Sound originating at a point along the Mississippi-Louisiana territorial sea boundary at longitude 89 degrees 30 minutes 00 seconds W, thence due south to a position at latitude 30 degrees 05 minutes 00 seconds N and longitude 89 degrees 30 minutes 00 seconds W, thence southeasterly to the US Coast Guard navigational light off the eastern shore of Three-Mile Pass at latitude 30 degrees 03 minutes 12 seconds N and longitude 89 degrees 21 minutes 30 seconds W thence northeasterly to a position which intersects the men-

Do You Remember?

By Keith Hambrick

(Cameron Pilot, July 10, 1970.)

GAS BILL PASSED

The Louisiana Legislature has passed and sent to the governor a bill authorizing Cameron Parish to operate a natural gas distribution system. The bill was introduced by Rep. Conway LeBleu of Cameron.

The measure authorizes Cameron Parish, through its Police Jury, to construct, acquire, sell, lease, mortgage, extend, improve, maintain and operate a natural gas distribution system or a natural gas transmission and distribution system.

W. F. "Frankie" Henry, president of the Cameron Police Jury, said the jury wasn't sure the project was feasible at this stage.

GRAND LAKE GIRLS PLACE

Grand Lake High School Girls' Track Coach Roger Richard brought seven girls from Cameron Parish to the 1970 Southern AAU meet known as the "Meet of Champions" in New Orleans recently and brought back



haden line as described by the Menhaden Rule (LAC 76:VIL307D) north of Isle au Pitre at latitude 30 degrees 10 minutes 00 seconds W. In addition, the open waters of Breton and Chandeaur Sounds as described by the Menhaden Rule will remain open to shrimping until further notice.

Zone 1 comprises State inside waters from the Mississippi-Louisiana state line to the eastern shore of South Pass of the Mississippi River.

Zone 3 will also close at 6 a.m. Monday, July 7, except for that portion of the Calcasieu Ship Channel originating at Channel Marker 68 southward to a point along the inside/outside shrimp line at Calcasieu Pass and including East Pass from its origin at the Calcasieu Ship Channel to the south end of Calcasieu Lake and West Pass from its origin at the Calcasieu Ship Channel to the south end of West Cove which will remain open until Monday, July 14, at 6 a.m.

Zone 3 is that portion of Louisiana's inside waters from the western shore of Vermilion Bay and Southwest Pass at Marsh Island to the Louisiana-Texas state line.

The closure was based on recommendations made by LDWF Marine Fisheries Division biologists. The relative number, percentage and distribution of small white shrimp immigrating into the areas to be closed has increased substantially in the past week and the regions are being closed to protect these early developing shrimp.

With this closure, all inshore waters from the Mississippi-Louisiana state line to the Louisiana-Texas state line, except for a portion of Mississippi Sound and Breton and Chandeaur Sounds as well as a portion of the Calcasieu Ship Channel are closed to the harvest of shrimp. State territorial waters south of the Inside/Outside Shrimp Line, as described in Louisiana R.S. 56:495, will remain open to shrimping.

seven Olympic style medals of honor.

Karen Faulk received a first-place in the Senior division discus throw, qualifying her to attend the national Olympics in Calif. Members of the 440 yard relay team receiving medals were Vickie Kelley of Grand Chenier and Louetta and Loretta Faulk and Ernette Hebert all of Grand Lake. Nancy Johnson received a medal in the 880 yard run and Ernette Hebert won a medal in the 100-yard dash.

4-H MEMBERS WIN

Cameron Parish 4-H Club members have just returned from competition at the annual 4-H Club Short Course held on the LSU Campus.

Winners at the annual event and contests they were competing in were:

Food-Nutrition--state winner, Darlene Guidry, Grand Lake, will receive expense paid trip to National 4-H Club Congress in Chicago, Ill, November, 1970.

Girls Good Grooming--Blue ribbon winner, Gwen Reasoner, Hackberry.

Boys Public Speaking--Any Subject--Blue ribbon group, Byron Hebert, Grand Lake.

Others attending the course were: Livestock judging--Mike Chesson, James Cox and Terry Cox, all of Grand Lake. Plant Science--David Duhon, Grand Lake; Phillip Lowery, Hackberry; Tony Ledano, Creole. Tractor Driving--David Beard, Grand Lake. Insect Id.--Stephen Lowery, Hackberry. Meat Id.--Yolanda Seay, Hackberry. NJHA Judging & Id.--Joelle Primeaux, Creole.

Girls Public Speaking--Any Subject--Susan Baccigalopi, Creole. NJHA Demonstration--Use & Marketing--Linda Constance and Denise Barbier, Hackberry. Food Preservation--Paula Hebert, Hackberry. Best Dress--Barbara White, Hackberry. Sportswear--Laura Lynn Hebert, Grand Lake.

NEW INSURANCE

The Fire Insurance Divisions of the Louisiana Insurance Rating Commission today announced approval of the coastal area insurance plan which was enacted into law at this session of the legislature as an emergency measure.

Under the plan, persons living in the coastal areas will be able to obtain fire and extended coverage insurance on their homes and commercial establishments through their local agents. This plan, however, does not provide flood insurance.

In the past it has been very difficult to obtain fire and extended coverage on homes and businesses along the coast.

ROUNDAABOUT THE PARISH

Noland and Roland Lanthier, twin sons of Mr. and Mrs. Jimmy Newton of Grand, have both left for the service. Noland Lanthier left for Cannon Air Force Base in Cloves, New Mexico. Roland is in Fort Lewis, Washington, where he will remain for his eight weeks of basic training.

A small tornado was reported in the Big Lake area on Saturday, July 4. A 16-foot boat tied at Ogea's boat landing was carried through the air over 100 feet and struck a camper attached to Alfred Ogea's pickup truck. The camper was completely destroyed. The tornado continued for another fifty feet when it struck a tractor. The tornado was accompanied by thunder, lightning and small hail.

Johnson Bayou Recreation Center News

These events are planned for July:

Board meeting is set for Thursday, July 10 at 6:30 p.m.

Men's softball will be played on Monday nights starting at 6:30 p.m. You must be at least 16 years of age to play.

Skating will be held on Sunday, July 13 and 27 from 2:30-4 p.m.

Teen Talks will be held on Sunday, July 13 and 27 from 4-5 p.m. You must be 12 years of age to attend.

Martial Arts classes are held every Thursday night at 6:30 at the Johnson Bayou Community Center for children. Adult classes have been changed to Wednesday nights at 6:30 and Thursdays from 8-9:30. Please call Stacey Badon at 569-2699 or Christen Trahan at 569-2611 for information.

We will also be offering group guitar lessons for beginners on Tuesday nights at 7 p.m. You must provide

your own guitar.

The "Keep It Real" program is offering a summer camp for children starting kindergarten through 8 grade. Classes are currently being held on Monday, Tuesday and Thursdays from 11-2 p.m. We will hold thirty minute lessons on different subjects, feed the children a healthy lunch and end camp everyday with a thirty minute swim. Starting during the week of July 13 we will only be having summer camp on Tuesdays and Thursdays for all ages from 11-2 p.m.

These events are sponsored by the Johnson Bayou Recreation Center. Some of these events are part of the "Keep It Real" program funded by the Department of Social Services Office of Family Support and administered through BeauCARE.

The Johnson Bayou Recreation Center's Keep It Real program is continuously offering group and individual chat sessions every Tuesday at the Johnson Bayou Fire Station. If you are interested you contact Stacey Badon at 569-2699, Christen Trahan at 569-2611 or the recreation center.

The Johnson Bayou Recreation Center kitchen will be open everyday of the week from 3-8 p.m.



Bible School is set here

The Wakefield Methodist Church of Cameron will hold Vacation Bible School on July 21-25. Hours will be 5:30 - 8:30 p.m. Classes for ages 4 (by September 30) and 11 (sixth grade). Arts and crafts, bible studies, music, and supper will be provided.

For more information call Phyllis Doney at 775-5216 or Kari Cormier at 775-7832.

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Catholic Adult Education Forum

- The Miraculous Medal
- The Brown Scapular
- The Rosary

What are the stories and histories behind these popular devotions? What disciplines are involved with each devotion? Join us on . . .

Sunday, July 20 -- 5:00 p.m.

. . . for the first in a series of adult education programs. For the first program, we will begin with: The Miraculous Medal. A short history will be given, explaining how this devotion began, and its importance to us today. Along with background information which will be presented at the beginning of the program, we would like to share stories of the power of these devotions in the lives of the people of Creole.

Come for an informal lecture and bring stories to share. The discussion will be led by Barbara Wyman, of McNeese State University.

Father Joseph McGrath, Pastor

Blankets being collected for "Project Linus" here

It all started in December, 1995, when "Parade" magazine featured on its cover a small, bald-headed girl in a nightgown, clutching her blanket.

The little girl, who had been going through intensive chemotherapy treatments, said it was that security blanket that helped her get through the ordeal.

That picture prompted Karen Loucks into action. She and other volunteers provided the Rocky Mountain Children's Cancer Center in Denver, Colo. with hundreds of homemade security blankets. Project Linus was born.

Project Linus is a volunteer, non-profit organization that provides homemade blankets for children who are seriously ill, traumatized or in need. It was named after Linus, the security blanket-toting character from the "Peanuts" comic strips.

Since 1995, nearly 300 chapters of the organization are now blanketing the United States and more than 550,000 blankets have been distributed worldwide.

The project's overall success can be attributed to the thousands of volunteers, or "blanketeers," who provide their time and talent to help children feel warm, comforted and secure.

Volunteers are asked to make blankets of any size or any material and donate them to their local chapter of "Project Linus."

"We welcome all styles of blankets - crocheted, knitted,

Information sought on burglary

Cameron Parish Crime Stoppers are seeking information on a burglary of Chesson's Grocery, between Sweetlake and Gibbstown, at about 2 a.m. on Monday, June 23.

At least three white males broke the glass out of the front door and stole cigarettes, cigars and alcohol.

The value of items taken and property damage was estimated at \$5,000.

Crime Stoppers are asking anyone with information on this crime to contact the Cameron Parish Sheriff's office at 337-775-5111 or 337-598-4222, or Cameron Parish Crime Stoppers at 337-775-STOP (7867).

You do not have to give your name a code number will be assigned. Crime Stoppers are offering a cash reward of up to \$1,000 for information leading to the arrest and/or conviction of the crime suspects in this case, as well as other crimes.

The objectives of education and industry are identical. Both are interested in good citizenship, in serving society, in a better life-and both firmly believe in freedom.

-Herman L. Donovan

quilts and fleece - you don't have to be an expert," said Nell Brewer, coordinator of the Southwest Louisiana chapter.

The only requirements are that the blankets be new and that they be washable, she said. A tag that says "Made with tender loving care for Project Linus" is sewn to each blanket.

The organization recently donated 50 blankets to Lake Charles Memorial Hospital to give out to sick children. "We were so grateful to receive the blankets," said Missy Amidon, LCMH's director of marketing. "They're beautiful; each one is unique."

LCMH's marketing department will make the blankets available to any department that would like to distribute them to sick children.

Brewer also said that the chapter will gladly accept donations of supplies such as material, thread, needles, yarn, scissors and any other items that are needed to make the blankets.

For more information about Project Linus or to find out how to make a monetary or supply donation, call Brewer at (337) 639-4130.

Driver education: focus on being prepared

(NAPSA)-With commuting to work, carpooling the kids or just running errands, it's hard for many people to imagine trying to get everything accomplished without having a car. With more drivers on the road than ever before, however, there is a greater risk that your car will be damaged in an accident, according to the Insurance Information Institute (I.I.I.), a non-profit communications organization.

The I.I.I. says that although you're required to have a minimum level of insurance to register your car, the coverage is not guaranteed to meet your individual needs. You need enough insurance to cover potential liability from an accident and repair your damaged car.

Standard coverage generally does not provide a replacement rental car while repairs are being made, which can take a couple of weeks. "Without rental car reimbursement coverage, which is only a couple of dollars a month, drivers can end up spending as much as \$500 to rent a car to commute to work, drive the kids or run errands," says Carolyn Gorman, vice president of the I.I.I. "The last thing people need after an accident is significant out-of-pocket expenses."

To help insured drivers increase satisfaction with the auto insurance claims process, I.I.I. is working with the Consumer Protection

Now is the time to plan your fall gardening

July is the kickoff month for Louisiana fall gardening. August and September are critical months, too, says LSU AgCenter horticulturist Dr. Tom Koske.

Surprisingly, you even may be a month too late, if you intend to raise long-growing crops - those that need about four months - the LSU AgCenter horticulturist adds.

In July, you can plant seed for cole crops like broccoli, brussels sprouts, cabbage and cauliflower. You also may transplant these crops in the next two months. Plant vine crops like cucumber, watermelon, muskmelon and squash. You might squeeze in a pumpkin crop which should have been started in June.

Now, choose fast maturing varieties like Neon, Racer, ProGold 300, PikaPie, Trickster or Spooktacular. Plant as soon as possible and try soaking the seed several hours before planting so they will hit the ground running. Cuslaw pumpkins take almost four months to mature, but make great eating. For tomatoes, peppers and eggplants, find good transplants and plant as soon as possible.

Fall gardens present several challenges, Koske says, explaining, "There may be

some residual fertilizer left over from the spring crop, so lighten up on preplant fertilizer application, but be ready to add more fertilizer if crops show light, thin growth."

He stresses that watering is very important now. You may plant a little deeper than in spring to get closer to better moisture and away from hot soil. Keep up good soil moisture with irrigation as needed, and mulch the emerged crops.

"Watch out for insect pests," the LSU AgCenter horticulturist says, noting, "They have gone through several generations by now. That means there are more of them now, and they probably remember all that good stuff they found in your spring garden." He warns that pest damage on young plants can be especially harmful.

"If you have not yet planted, you can still treat weeds with glyphosate herbicide," Koske says, advising to allow two weeks from treatment before tilling and forming new beds.

The LSU AgCenter horticulturist recommends contacting an extension agent in your parish LSU AgCenter office to learn more about preparing for fall gardening. In addition, look for Gardening and Get It Growing links in the Feature section of the LSU AgCenter Web site: www.lsuagcenter.com.

Tips to keep man's best friend "safe"

(NAPSA) As the warm days of summer entice pet owners to participate in more outdoor activities, it should come as no surprise that July and August are the most dangerous time of the year for companion animals, according to the ASPCA Animal Poison Control Center.

Batey offers tips that will help pet owners keep their "best friends" safe and healthy in the upcoming months:

Tag and license pets
 • Make sure dogs and outdoor cats have current licenses and wear an identification tag on a good collar.
 • Many discount retailers sell both buckle collars and identification tags year-round and many have vending-type machines that allow pet owners to create pet I.D. tags on the spot.

Be aware of summer hazards
 • Pet owners should consider talking to a veterinarian about heartworm medication and safe flea and tick prevention.

• Watch for coolant leaking from vehicles. Its sweet taste can attract pets and a small amount can be toxic.

• When fertilizing or treating the lawn, remove water dishes, food bowls, pet toys

Grilled Vegetable Sandwich

Makes 6 servings

1 small zucchini, quartered lengthwise
 1 small crookneck squash, quartered lengthwise
 1 portobello mushroom, cut into 6 pieces
 1 (7-ounce) jar roasted red peppers, rinsed and drained
 1 tablespoon reduced-fat mayonnaise
 1/2 tablespoon oregano leaves
 1/2 tablespoon thyme leaves
 1 garlic clove, peeled
 1 (8-inch) prebaked pizza crust or focaccia shell, halved horizontally
 4 slices provolone cheese

1. Preheat the broiler. Arrange the zucchini, squash, and mushroom in a single layer on a baking sheet and spray with non-stick spray. Broil until well browned, about 9 minutes. Remove and set the vegetable aside. Reduce the oven to 450°F.

2. Puree the roasted peppers, mayonnaise, oregano, thyme, and garlic in a food processor. Place one half of the crust on the baking sheet. Spread the roasted pepper puree over it and layer with the vegetables, then the cheese. Top with the other half. Bake until the cheese melts and the sandwich is heated through, about 5 minutes. Cut into 6 wedges and serve.

Per serving: 4 POINTS(r), 183 Calories, 5 g Fat, 2 g Saturated Fat, 10 mg Cholesterol, 466 mg Sodium, 27 g Carbohydrates, 2 g Fiber, 8 g Protein, 100 mg Calcium.

Recipe from Weight Watchers Cook It Quick! (c) 2002 Weight Watchers International, Inc.

Use medications properly

When a doctor prescribes medication for whatever ails you, you expect it to help. But, it may not if you haven't given your doctor complete information and made sure you've gotten the same in return.

A set of three free publications from the U.S. Food and Drug Administration helps you buy and use medications properly, and protect yourself from possible side effects from drug interactions. There's also information on generic drugs.

When your doctor gives you a prescription, be sure to ask what the prescribed medication does, exactly how to take it, and what reactions to expect, if any. Ask if there are foods or beverages, including alcoholic ones, that you should avoid while taking the drug. Don't be embarrassed or afraid to ask the doctor all the

questions you have. When it comes to taking responsibility for your health, there's no such thing as an unimportant question.

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A twist on Chicken Fajitas

Prep Time: 10 minutes
 Cook Time: 8 minutes

2 Tbsp. olive or vegetable oil
 2 medium red and/or green bell peppers, sliced
 1 lb. boneless, skinless chicken breasts, sliced
 1 envelope Onion Soup Mix

12 cup water
 Flour tortillas, heated
 1. In 12-inch nonstick skillet, heat oil over medium-high heat and cook red peppers 2 minutes. Add chicken and cook 4 minutes or until lightly browned.

2. Stir in soup mix blended with water. Simmer 2 minutes or until chicken is no longer pink. Serve in warm tortillas.

Makes 4 servings

A good leader is a person who takes a little more than his share of the blame and a little less than his share of the credit.
 --John C. Maxwell

Know the signs of a stroke

(NAPSA)-In treating a stroke, every minute counts. Knowing the symptoms of a stroke and getting to the hospital quickly is the key to getting a clot-busting drug called t-PA, still the most effective early treatment for most strokes according to recently published national guidelines. T-PA can reverse the effects of a stroke by dissolving blood clots that obstruct blood flow to the brain.

"The sooner the stroke is recognized and the patient begins receiving treatment, the better are the chances for a complete recovery," said John R. Marler, M.D., associate director for clinical trials at the National Institute of Neurological Disorders and Stroke (NINDS). "Stroke is an unmistakable event. Few other medical conditions come on so suddenly or are so noticeable to a bystander."

A stroke occurs when blood flow to the brain is interrupted. Brain cells die when deprived of oxygen and nutrients provided by blood. Because stroke injures the brain, a person having the stroke may not realize what is happening. But, to a bystander the signs of a stroke are distinct:

• Sudden numbness or weakness of the face, arm or leg (especially on one side of the body)
 • Sudden confusion, trou-

ble speaking or understanding speech

• Sudden trouble seeing in one or both eyes
 • Sudden trouble walking, dizziness or loss of balance or coordination

• Sudden severe headache with no known cause

Each year more than 600,000 Americans suffer a stroke. It is the third leading cause of death and long-term disability in the U.S. Yet, many Americans do not know the symptoms of a stroke or what to do when they witness someone having a stroke.

The NINDS, part of the National Institutes of Health, has developed an informational campaign called Know Stroke: Know the Signs. Act in Time to educate Americans about the symptoms of stroke.

Free campaign materials may help more people understand stroke and be able to take action if they suffer from or witness someone having a stroke.

"It is really worth the effort it takes to call 911," said Dr. Marler. "Treating stroke as an emergency pays back in terms of going home and living your life."

More information on stroke, including how to reduce the risk of stroke, is available in the NINDS materials. Order free materials by calling 1-800-352-9424 or by visiting www.ninds.nih.gov.

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Miller Livestock Markets, Inc. Market Report

DeQuincy (Saturday) June 28: Livestock Receipts: Cattle 780, Horses 8, Hogs 50, Sheep 25, and Goats 278. BABY CALVES: Dairy 50%-85% per HD. Beef 85%-140% per HD. Roping Calves (125-200 lbs.) 1.20-1.60 per lb. STEER & HEIFER CALVES: 200-300 lb. Steers: 1.10-1.25 per lb., Heifers: 1.05-1.20 per lb.; 300-400 lb. Steers: 1.05-1.20 per lb., Heifers: 1.00-1.05 per lb.; 400-500 lb. Steers: 95-100 per lb., Heifers: 90-100 per lb.; 500-600 lb. Steers: 90-95 per lb., Heifers: 85-90 per lb.; 600-700 lb. Steers: 80-90 per lb., Heifer: 75-85 per lb. COWS: Cutter & Utility: 44-48 per lb.; Carners: 42-44 per lb.; Fat Cows: 40-42 per lb.; Thin Cows: 32-34 per lb.; Slaughter Bulls: 45-55 per lb.; Feeder Bulls: 55-60 per lb. COW/CALF PAIRS: 525-750 per pair. PREGNANCY TESTED COWS: 475-675 per HD. HOGS: Choice Barrows & Gilts: None; Medium Barrow & Gilts: None; Butcher Pigs: None; Feeder Pigs: None; Sows 300-500 lbs. 28-34 per lb.; Boars: 08-10 per lb. HORSES: 40-52 per lb. SHEEP & GOATS: 30-210 per HD.

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NOTICE FOR BIDS

The Cameron Water and Wastewater District No. 1 will be accepting bids for: 1 John Deere 4-Wheel Drive compact utility tractor with gear transmission and 4-foot bush hog with counter weights; Model 790, Minimal Hours. Minimum bid of \$6500.00. The tractor may be seen at the Water and Wastewater office at 126 Ann Street between the hours of 8 a.m. and 3 p.m., Monday thru Friday. Bids will be accepted until 12 p.m. on July 23, 2003.

RUN: July 3, 10, 17 (Ju-6)

NOTICE

Cameron Parish District 1 Beachfront Development Board will hold a meeting on Monday, July 14 at 7:00 pm at the Holly Beach Fire Station. For information call John Poole: 337-762-4466

RUN: July 10 (JU-18)

JOB OPENINGS

Cameron Parish Head Start has these positions available:

- Pre-K Teacher - must have 4 year degree and/or La. Certification.

- Cook/Janitor - must have high school diploma. Both positions are available in the Cameron area.

Send resume to: P. O. Box 610, Cameron, La, 70631. Deadline for resume is July 21, 2003.

The Cameron Parish Head Start Program does not discriminate on the basis of race, color, creed, sex, national origin, religious belief, disabling conditions, or ancestry.

Equal Opportunity Employer RUN: July 10, 17

GARAGE SALE

BIG CLOSEOUT Sale Continues! Save on furniture, appliances, housewares, shoes and more. T-Gails Thrift Shop, 7X Square, Creole, 542-4824. Check us out! 6/26-7/23p.

NOTICES

ZECHARIAH 7 Vs. 10: And oppress not the widow, nor the fatherless, the stranger, nor the poor; and let none of you imagine evil against his brother in your heart.

PUBLIC NOTICE

The Cameron Parish School Board Pupil Progression Plan Committee met on Tuesday, July 8, 2003 at 1:30 p.m., at the Cameron Parish School Board Office, 246 Dewey Street, in Cameron, Louisiana for the purpose of reviewing and recommending the 2003-04 Cameron Parish Pupil Progression Plan for approval by the Cameron Parish School Board. The approval of the plan appears on the official agenda of the July 14, 2003, Cameron Parish School Board Meeting. Recommended revisions are available for public review at any time. Any questions concerning the Cameron Parish Pupil Progression Plan, 2003-04, should be directed to Stephanie Rodrigue, Supervisor of Curriculum and Instruction, at (337)775-5784, extension 30.

RUN: July 10, 17 (JU-12)

LAND FOR SALE

Cleared land, \$30,000.00 per 10 acre tract. 1/3 down upon approved credit, 6% interest. Located between Longville and Singer.

CALL:

337-775-5481

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RUN: July 10, 17, 24 JU-16

LEGAL NOTICES

LEGAL NOTICE

This is to advise that the Johnson Bayou Recreation Center meeting in regular session convened on the 20th day of May, 2003 accepted as complete and satisfactory the work performed under Project Number #42563-1; Renovation to large & small pool and said Johnson Bayou Recreation Center under file no. 279561 in the book of Mortgages, Cameron Parish, Louisiana.

NOTICE IS HEREBY GIVEN that any person or persons having claims arising out of the furnishing of labor, supplies, material, etc., in the construction of the said work should file said claim with the Clerk of Court of Cameron Parish, Louisiana on or before forty-five (45) days after the first publication hereof, all in the manner and form as prescribed by law. After the elapse of said time, the Johnson Bayou Recreation Center will pay all sums in the absence of any such claims or liens.

BY:
/s/ Brenda Sanders
BRENDA SANDERS,
PRESIDENT
RUN: May 29, June 5, 12, 19, 26,
July 3, 10 (M-64)

LEGAL NOTICE

This is to advise that the Cameron Parish Police Jury meeting in regular session convened on the 2nd day of June 2003 accepted as substantially complete and satisfactory the work performed under Project Number 2002-07: Cameron Parish Library Improvements at Hackberry and Johnson Bayou pursuant to the certain contract between Ribbeck Construction, Inc. and said Cameron Parish Police Jury under File No. 279154, in the Book of Mortgages, Cameron Parish, Louisiana.

NOTICE IS HEREBY GIVEN that any person or persons having claims arising out of the furnishing of labor, supplies, material, etc., in the construction of the said work should file said claim with the Clerk of Court of Cameron Parish, Louisiana on or before forty-five (45) days after the first publication hereof, all in the manner and form as prescribed by law. After the elapse of said time, the Cameron Parish Police Jury will pay all sums due in the absence of any such claims or liens.

BY: Bonnie Conner, Secretary
RUN: June 5, 12, 19, 26; July 3, 10, 17 (J-19)

NOTICE TO BIDDERS

Bids are being solicited as follows and sealed bids will be opened and publicly read by the Purchasing Section of the Department of Natural Resources, Room 1263, 617 N. 3rd St., Baton Rouge, LA 70802 at 11:00 AM on July 23, 2003:

Bid Proposal Number 432-2214-UORP/04-005
Survey Underwater Obstructions, Grand Lake
Cameron Parish

Only those contractors on the list of contractors approved by the Underwater Obstruction Removal Program Office as of July 16, 2003 will be eligible for consideration. (Reference: Louisiana Underwater Obstruction Removal Program, ACT 666 of 1997).

Bid proposal form and specifications will be mailed to eligible contractors. Additional information may be obtained from the Department of Natural Resources, Office of Conservation, P. O. Box 94275 (617 N 3rd St-9th Fl.), Baton Rouge, LA 70804-9275. Attention: Underwater Obstruction Removal Program (or call Underwater Obstruction Removal Office at 225/342-6293).

Evidence of authority to submit the bid shall be required in accordance with R.S. 38:2212 (A)(1)(c) and/or R.S. 39:194 (C)(2)(d).

This Notice published to comply with Public Bid Law
RUN: June 26, July 3, 10 (J-62)

PUBLIC NOTICE

Sealed bids will be received by the Cameron Parish Recreation District #7 until 1:30 p.m., Thursday, July 17, 2003 in the office of the Cameron Parish Police Jury, 110 Smith Circle, Cameron, Louisiana, for the renovation of the Creole Pools.

Bid forms and specifications may be acquired by contacting the Cameron Parish Recreation District #7 at (337) 542-4459.

By:
/s/ Angelia Conner, President
RUN: June 26, July 3, 10, and 17 (J-64)

POLLING PLACES NOTICE

According to Carl Broussard, Clerk of Court of Cameron Parish in accordance with Title 18:535B of the Louisiana Election Code, the following is the official listing of the Polling Places for the upcoming Proposition Election to be held on Saturday, July 19, 2003

POLLING PLACES

Precinct 5: location: Grand Lake Recreation Center, 108 Recreation Lane, Grand Lake, La.

Precinct 6: location: Grand Lake Recreation Center, 108 Recreation Lane, Grand Lake, La.

Precinct 7: (PORTION) location: Grand Lake Recreation Center, 108 Recreation Lane, Grand Lake, La.

Precinct 8: (IN PART) (NO VOTERS) location: Lowry Fire Station, 460 Lowry Hwy., Lowry, La

Precinct 13: (IN PART) (NO VOTERS) location: Creole Community Center, 184-B East Creole Hwy. Creole, La.
RUN: July 3 and 10 (Ju-5)

SHERIFF'S SALE
THIRTY-EIGHT JUDICIAL DISTRICT COURT
PARISH OF CAMERON
STATE OF LOUISIANA
BANKERS TRUST CO OF CALIFORNIA, N. A. TRUSTEE ET AL

VS. NO. 10-16454
RICKY DEWAYNE BARROW & MICHELLE LYNN I. BARROW
By virtue of a writ of SEIZURE AND SALE issued to me directed by the Honorable Court aforesaid, I have seized and will offer for sale at public auction to the last and highest bidder WITH the benefit of appraisal, at the Court House door of this Parish of Cameron, on Wednesday, AUGUST 13, 2003 at 10:00 a.m. the following described property to-wit:

LOT 1 AND 2 OF PRAIRIE ACRES, A SUBDIVISION IN A PORTION OF SECTION 21, TOWNSHIP 12 SOUTH, RANGE 8 WEST, CAMERON PARISH, LOUISIANA, AS PER PLAT RECORDED IN PLAT BOOK 6 PAGE 13 OF THE RECORDS OF CAMERON PARISH, LOUISIANA, TOGETHER WITH ALL BUILDINGS AND IMPROVEMENTS SITUATED THEREON.

seized under said writ.
Terms: CASH DAY OF SALE.
/s/James R. Savoie
JAMES R. SAVOIE, Sheriff
CAMERON PARISH, LA.
Sheriff's Office, Cameron, La.
JULY 03, 2003.

GABRIELLE JONES
Attorney for PLAINTIFF
RUNS: July 10 & Aug. 7 - Ju. 13

PROCEEDINGS

The Cameron Parish Waterworks District No. 10 met in regular Session on Tuesday, June 10, 2003 at 6:15 p.m. at the Johnson Bayou Waterworks Office in the village of Johnson Bayou, Louisiana. Members Present were: Mr. J. P. Constance, Mr. Nathan Griffith, Mrs. Connie Trahan, and Mr. Lloyd Badon, Members absent were Mr. Jessie Simon, Jr. Guests attending were Mr. Dusty Sandifer, Mr. Sonny McGee, Mr. Darron Granger, Mr. Ed Lehotsky, and Mr. Mike Elliott.

It was moved by Mr. Griffith, seconded by Mr. Badon, and carried to call the meeting to order.

It was moved by Mrs. Trahan, seconded by Mr. Constance, and carried that the minutes be read and accepted.

Mr. Ed Lehotsky and Mr. Darron Granger presented the Chenier Energy LNG plant proposal. Board members will discuss the running of water lines at the future meetings.

It was moved by Mr. Badon, seconded by Mrs. Trahan and carried to accept the final draft of the 2002 audit.

It was moved by Mr. Constance, seconded by Mrs. Trahan and carried for President Nathan Griffith to sign the State-monitoring plan put together by office personnel.

It was moved by Mr. Badon, seconded by Mr. Constance and carried for the Maintenance Specialist to purchase dual chlorinators from Gulf States Chlorinator and pump, inc.

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

It was moved by Mrs. Trahan, seconded by Mr. J. P. Constance and carried to purchase map software, subject to approval of our area being located on map.

There being no further business to discuss, on a motion by Mr. Badon, seconded by Mr. Griffith, and carried the meeting was adjourned at 8:00 p.m.

The next waterworks meeting will be held on August 12, 2003 at 6:15 p.m. at the Waterworks office.

Approved:
/s/Nathan Griffith
Nathan Griffith-Chairman

Attest:
/s/J. P. Constance
J. P. Constance-Secretary
RUNS: July 10 - Ju 17

ADVERTISEMENT FOR BIDS
Cameron Parish Police Jury
P. O. Box 366
Cameron, LA 70631

Separate sealed BIDS for the construction of the following project will be received by the Cameron Parish Police Jury until 1:30 p.m., August 4, 2003 at the Cameron Parish Police Jury Annex, 110 Smith Circle, Cameron, LA. (337-775-5718).

Project Description: Kathy Road Overlay Project, LEI Project Number 03-022.
The rules and regulations for the State Licensing Board for contractors will apply, the contract being classified as: II. Highway, Street and Bridge construction.

Bid Forms will not be issued later than 24 hours prior to the hour and date set for receiving bids. Contractors may submit bids on any contract for which they hold valid Louisiana Contractors Classification. Every bid submitted shall be accompanied by a certified check or bid bond in the amount of 5% of the bid and shall be made payable to the Cameron Parish Police Jury.

Full information and Bid Forms are available at the office of Lancon Engineers, Inc., 905 McKinley Street, Westlake, LA. (337-439-6333). Bids must be submitted on Bid Forms provided by the Engineer. Official action will be taken at the regularly scheduled Cameron Parish Police Jury meeting. The Cameron Parish Police Jury reserves the right to reject any or all of the bids for just cause.

Bids may be held by the Cameron Parish Police Jury for a period not to exceed thirty (30) days from the date of opening of bids for the purpose of reviewing bids and investigating the qualifications of bidders, prior to award.

Preference to Louisiana Firms may be given in accordance with Louisiana Revised Statutes Sections 38:2251 and 38:2225.1.
/s/Charles Precht, III, President
RUNS: July 10, 17, 24 - Ju 19

A healthier lifestyle 'in minutes'

(NAPSA)-How many times have you caught yourself saying, "I just don't have time to eat healthy and exercise?" For those of us who live life on the run, it's sometimes hard to fit everything into a 24-hour time period. We all know that it's important to make time for health and physical activity, but finding the time is not always easy.

You can learn to make every second count more by living the 80-second minute. By following these simple tips, you can fit more activity into your daily routine, which will enable you to lead a happier, healthier lifestyle:

Move More
Experts recommend at least 30 minutes of physical activity every day for optimal health. Did you know that three 10-minute activity sessions could be as beneficial as a 30-minute session? Here's an idea: Walk wherever possible. Try leaving for work a few minutes early and park the car a distance from the door and walk for 10 minutes before you enter the building. Take a 10-minute walk during lunch. Walk another 10 minutes before going home. You've just achieved 30 minutes of activity in a day!

Work Woes
Sitting too much on the job?

Try standing meetings. You'll probably have shorter and more efficient meetings! Take a break every hour or so to take a few deep breaths and stretch your arms and shoulders. Stand up and walk in place or do toe lifts while you're on the phone or waiting for your computer to boot up or a document to finish printing.

Plan Right to Eat Light
A little advanced planning can go a long way in eating healthy. Make a grocery list and menu plans for the whole week. Just knowing what you're going to have for supper will make you feel more in control when you walk into a house with a hungry family. Choose quick, but healthful foods such as smoothies, nuts and dried fruit to make the most out of your time. Make arrangements with a neighbor or two to cook a few healthy meals in advance and trade. You'll have several days of prepared meals and only cook once!

While it might take some extra effort, these tips will allow you to start your day ahead of the game. For nutrition tips and healthy recipes, log onto www.dannon.com.

A little advance planning can help you have more time to take care of yourself as well as everything else you do.

Learn to understand "medical language"

(NAPSA)-Imagine you are at the doctor's office. After your exam, your doctor says you have "diabetic neuropathy," "hypertension" or "coronary disease." How do you react? Do you know what this means?

What if, instead, your doctor says you have "nerve problems," "high blood pressure," or "heart disease?" You may recognize these terms, but do you know how they will affect your health? Do you know how to treat them? Do you understand what changes you have to make in your life?

If your health care visits leave you with more questions than answers, you are not alone. Most people want health information that is written in plain language, and easy to understand and use. Medical words are hard for many people to understand-no matter how much education they have. Tell your doctors, nurses and pharmacists when you do not understand the information they give you. It may help you learn how to better take care of yourself and your family.

You may not be able to change the way your health care providers talk. But you can take steps to help you get the answers you need:

1. Don't be shy-ask questions. Make a list of questions to bring with you to your doctor so you do not forget to ask them. The Partnership for Clear Health Communication - a team of national health care groups-has set up the "Ask Me 3" program. "Ask Me 3" suggests three simple but important questions people can ask their health care providers:
 - What is my main problem?
 - What do I need to do?
 - Why is it important for

me to do this?
If you think of more questions after your visit, write them down. Call the doctor's office when you return to your home or job to get answers to your questions.

2. Bring a family member or friend. This person may be able to help you take notes and hear the provider's instructions-in case you miss something.

3. Speak up. Tell your health care provider if you do not understand the information he or she has given you. Ask him or her to repeat the instructions until you know what you need to do.

4. Repeat instructions. After the health care provider gives you instructions, repeat them back to him or her. Make sure you've got them right.

5. Ask for more information. If your provider says you have a health problem, ask for extra information-such as a hotline number or brochure. It may help you figure out what is happening to you and how to treat it.

Work closely with your health care providers. They can advise you on ways to lead a healthy, active life. Try to understand all your medical information. This way you can be a more active partner in decisions about your and your family's health.

For more on how to talk with your health care providers, ask him or her for a free "Ask Me 3" brochure. It comes in English and Spanish. You can also go to the Partnership for Clear Health Communication Web site at www.AskMe3.org. It has information on the "Ask Me 3" program and how it can help you. It also has a checklist to help you get ready for your next health care visit.

Use care when grilling

(NAPSA)-A cool head and some forethought can help keep your grilling experience safe and enjoyable.

Recent statistics show more than 6,000 accidental fires and explosions occur due to the improper use of grills, resulting in 20,000 emergency room visits and \$29 million of estimated damage annually. Safety experts at Underwriters Laboratories Inc. (UL) and the National Safety Council (NSC) encourage consumers to practice safe grilling techniques this season to keep their families and homes out of harm's way.

Outdoor Grilling Safety Tips

- Never use a grill indoors. Use it at least 10 feet away from your house or any building.
- Do not use a grill in a garage, breezeway, carport, porch or under an awning or under any covering that can catch fire.
- Never leave a grill unattended, especially when small children and pets are present.
- Be cautious of overhead obstructions, including tree branches, while grilling.
- Always follow the manufacturer's instructions that accompany the grill.

Gas Grill Safety Tips

- Check grill hoses for cracking, brittleness, holes and leaks. Make sure there are no kinks in the hose or tubing.
- Move gas hoses as far away as possible from hot surfaces and dripping hot grease.
- Check for gas leaks, following the manufacturer's instructions, if you smell gas or when you reconnect the grill to the propane tank. NEVER use a match to check for leaks. If you detect a leak, immediately turn off the gas and don't attempt to light the grill again until the leak is fixed.
- Do not attempt to repair the tank valve or the appliance yourself. Take it to your



local home improvement store, hardware store or a qualified appliance repairperson.

• You should use caution when storing your propane tank. Always keep the containers upright. Never store a spare tank under or near the grill. Never store or use flammable liquids, like gasoline, near the grill.

• Be sure your propane tank has an over-fill prevention device. As of April 2002, all tanks sold or refilled are required to have the device to protect against propane leaks that may cause fire or explosions.

• You should use extreme caution and always follow the manufacturer's instructions when connecting or disconnecting a propane tank to your grill.

Charcoal Grill Safety Tips

- Never use gasoline or kerosene to light a charcoal fire. Both can cause an explosion.
- Never attempt to restart the flame by adding additional lighting fluid to an already lit grill.
- Keep a spray bottle of water nearby to handle flare-ups while grilling.
- Be sure to place your grill on a flat, level surface so it won't tip over.
- Wait until the coals have completely cooled (may take a few hours) before disposing of them.
- Remember, coals get HOT-up to 1000 degrees F. Use insulated, flame-retardant mitts when cooking or handling any part of the grill. Also use long-handled barbecue tongs and utensils for safe handling of food and coals.

Drowning in email?

by Ken Bisconti, Vice President of Messaging & Advanced Collaboration Solutions, Lotus Software, IBM Software Group.

(NAPSA)-Eighty percent of corporate leaders said they see e-mail as a more valuable means of communications than the telephone, and 74 percent said they would have more difficulty if they lost e-mail access for five days than if they lost phone access, according to a recent META Group survey.

Given these new findings, it's important that we learn to utilize e-mail effectively, calling a halt to unnecessary and misdirected e-mail. In fact, I often get asked for best practices in handling large volumes of e-mail. So here are my 10 steps to help you get the most out of your e-mail.

1. Don't use e-mail when other communication tools are more appropriate. Although valuable, there are many instances when e-mail doesn't replace face-to-face communication, phone calls or instant messaging.

2. Don't use your inbox as a catch-all folder. Delete or categorize e-mail in folders. Categorizing messages by group or sender is an easy way to organize your e-mail.

3. Know your audience. Send e-mail only to people

who need to see it. Use copying, blind copying and group e-mail addresses appropriately.

4. Use graphics and attachments sparingly. This reduces the amount of disk space on the recipient's server, and relieves the network of heavy e-mail traffic.

5. Use team workspaces, forums and document libraries to reduce long e-mail threads and optimize storage.

6. Change your e-mail default so that not every piece of e-mail is saved and using valuable space.

7. Handle important e-mail first. Use e-mail rules to place important messages in "Hot List" folders and use modern inbox settings like custom colors to flag e-mail from important senders.

8. Get rid of spam using a server or client-side anti-spam solution to reduce undesirable e-mail.

9. Only keep the last 90 days of e-mail. Delete the rest automatically or use e-mail archiving to store it offline.

10. If you're a traveling user, learn how to use your e-mail program's replication or synchronization settings to limit download time and storage.

We are at the beginning of a new era in personal and workplace collaboration, and the future will depend on how wisely we use all the technology tools that are becoming available to us.



Bluegrass at Acadian Village

The South Louisiana Bluegrass Association presents "Bluegrass at Acadian Village" in Lafayette, Saturday, August 2, with Southland, one of North Louisiana's finest and longest established traditional bluegrass bands, featuring outstanding vocal harmonies and exceptionally solid picking.

Also performing will be the SBLA host band, Louisiana Purchase Bluegrass, with special guests McManus Bluegrass.
Gates open at 3 p.m. with front porch jamming. Show starts at 7 p.m. Admission is \$5 for SBLA members and \$10 for non-members.
A share of the proceeds benefits the Lafayette Association for Retarded Citizens. Plenty of campsites available.
For more information call (337) 981-2489 or go online to: <http://www.southlouisianabluegrass.org> and www.acadianvillage.org.

April 12th — August 31st
New Orleans, LA
Plants of the La. Purchase
New Orleans City Park www.neworleanscitypark.com
Call today and plan your Louisiana adventure tomorrow!
For more information call: (504) 483-9386
Courtesy of the Louisiana Office of Tourism

April 12th — August 31st
New Orleans, LA
Jefferson's America, Napoleon's France
New Orleans Museum of Art
www.noma.org
Call today and plan your Louisiana adventure tomorrow!
For more information call: (504) 488-2631
Courtesy of the Louisiana Office of Tourism

April 3rd — September 14th
Opelousas, LA
Birds of La. by John James Audubon
Opelousas Museum of Art
Tues.-Fri. 1-5PM; Sat. 9AM-5PM
Call today and plan your Louisiana adventure tomorrow!
For more information call: (337) 942-4991
Courtesy of the Louisiana Office of Tourism