

A VOTER PREPARES to cast his ballot in Cameron on Tuesday. Voting was heavy in all precincts, despite the disruption caused by Hurricane Ike. (Photo by Cyndi Sellers.)



Anita Dimas Mrs. Dimas dies at age of 107 in N. M.

Anita Gonzales Dimas, of Albuquerque, New Mexico, died peacefully in her home Oct. 28, 2008 at 107 years of age among family and friends, including her daughter-in-law, Margie Dimas and grandson, Jean Dimas of Creole. She would have turned 108 on Christmas Eve.

Mrs. Dimas was very active until a recent bout with the flu. Dimas and her late husband, Ben married in 1920 and built their adobe house from scratch. She stayed in this home for the rest of her days.

Residents of the Cameron/Creole area may remember her many visits here and the fact that she celebrated her 100th birthday in Creole, just to return two months later to bury her oldest son, Raymond Dimas. The secret to her longevity was "work, work, work". Excluding family who predeceased her, she has left as her legacy 268 children through great, great, great grandchildren.

Memorial donations may be made to: Nativity of the Blessed Virgin Mary Church, 9502 4th St. NW, Albuquerque, NM. 87107.

Baptist services

First Baptist Church of Cameron will hold a worship service this Sunday, Nov. 9, in its building at 110 School Street at 9:30 a.m. Rev. Henry Prentice will lead the service.

All are welcome to attend the worship service, which will be followed by a business meeting for members.

Krewe to hold fall meeting on Nov. 16

The Krewe De Deux Lac of the Grand Lake, Sweetlake, and Big Lake areas will hold their fall meeting and lunch at the Grand Lake Multipurpose Building on Sunday, Nov. 16, at 1 p.m.

The meeting is for old and new members wishing to join to discuss the election for the Mardi Gras court, run and ball. The Krewe will serve crawfish etouffee for lunch. Members are asked to bring their own drinks.

Pilot now on sale in Creole

Savoie Lumber in Creole has re-opened and the Cameron Parish Pilot newsstand is available.

The Pilot requests that newsstand vendors please call and let us know when they re-open at the following number 1-800-256-7323.



THE GRAND LAKE branch of the Cameron State Bank will reopen for business on Friday, Nov. 7. The branch bank had been closed for repairs caused by Hurricane Ike. There will be refreshments and door prizes from 9 a.m. to noon. (Photo by Cyndi Sellers.)

G. L. bank to re-open

Cameron State Bank's Grand Lake Banking Center will re-open for business on Friday, Nov. 7. A Grand Re-opening celebration will take place from 9 a.m.-12 noon, with refreshments and door prizes.

The Grand Lake location has been closed for repairs to damage caused by Hurricane

Ike. Cameron State Bank President and CEO Roy Raftery, Jr., says the bank has worked hard to repair and re-open this banking center in Cameron Parish as quickly as possible, in an effort to be available and responsive to the financial needs of the community. "We are very committed

to the recovery of Cameron Parish and are proud of our ongoing relationships with residents and businesses in the region," he stated.

The Grand Lake Banking Center is located at 10323 Gulf Hwy. Customers and the public are invited to the grand re-opening event.

Hospital has new management

Two Southwest Louisiana hospitals will now be managed by Rural Healthcare Developers, Inc. a healthcare management and development company based in Plantersville, Miss.

Pacer Health of Miami Lakes, Florida, the management company of South Cameron Memorial Hospital in Cameron and Calcasieu Oaks Psychiatric Hospital in Lake Charles, were purchased last week by Rural Healthcare Developers.

South Cameron Memorial Hospital remains under the ownership of the Lower Cameron Hospital Service District; Calcasieu Oaks is owned by a private entity.

South Cameron Memorial Hospital operates as a 25-bed acute care facility with 15 skilled nursing beds. The facility offers emergency room, inpatient, outpatient, ambulatory services and skilled nursing services to the residents of Cameron and the area's several thousand oil and gas exploration personnel, commercial and recre-

ational fishermen. South Cameron is also currently serving as a base of operations for parish governmental offices destroyed by Hurricane Ike. The Hospital also has an off-site rural health clinic in Grand Lake.

SCMH opened its doors in 1963. The idea for the hospital was developed after Hurricane Audrey in 1957 when the American Legion approached doctors and businessmen of Cameron Parish with a substantial donation to assist the parish in obtaining a hospital. Property owners in the region then voted for a \$350,000 bond issue and federal Hill-Burton Act funds were obtained to finance the new building.

South Cameron Memorial Hospital was completely destroyed by Hurricane Rita in September 2005. The hospital was rebuilt and reopened for business in November 2007.

Calcasieu Oaks Psychiatric Hospital is a 24-bed, 24 hour hospital that assesses the mental health

and medical status of adults. Calcasieu Oaks provides short-term acute care to individuals with emotional and behavioral disorders. The facility offers both private and semi-private rooms and is equipped with a spacious family room.

Rural Healthcare Developers is a healthcare management and development company with a mission of "bringing modern healthcare to rural underserved communities."

Rural Healthcare Developers was founded in January 2007 by Ray Shoemaker, an innovative hospital administrator who had just received Modern Healthcare magazine's "Up and Comers Award" for healthcare achievers under 40 years old. The award cited the dramatic financial turnaround he had guided at a north Mississippi hospital.

The company targets struggling medical facilities in rural communities that RHD acquires, manages or leases.

Cont. on Page 2.

McCain - Palin carry Cameron Parish Tues.

John McCain and Sarah Palin were Cameron Parish voters' choice for the White House in the presidential election Tuesday but Barack Obama and Joe Biden were the winners nationwide. Parish voters also elected Ward 3 Justice of the Peace and Constable and a Ward 6 constable.

In the presidential race, McCain received 3,089 votes, or 81 percent, while Barack Obama received 613 votes, or 16 percent.

In the U. S. Senate race, Mary Landrieu, the incumbent, got 51 percent of the vote, or 1,863 votes, while opponent John Kennedy got 47 percent of the vote, or 1,738 votes.

In other local races, voters in Ward 3 chose Harold W. "Buddy" Hardie to serve as Justice of the Peace by 56 percent, or 386 votes. His opponent, Vernon Primeaux, got 44 percent, or 306 votes.

Davy Doxey was picked as Ward 3 Constable by 67 percent, or 460 votes. His opponent, Ronald Nunez, got 33 percent, or 227 votes.

Voters favored "Gwen" Sanner Constance in the Ward 6 Constable's race by 66 percent, or 426 votes. Her opponent, John H. Poole, received 34 percent, or 216 votes.

Cameron voters approved

four of seven constitutional amendments, favoring Amendment 1 - changes in limits of terms on state boards and commissions - by 73 percent, or 2,401 votes, to 27 percent, or 878 votes; Amendment 2 - advance notification for special sessions - by 59 percent, or 1,927 votes, to 41 percent, or 1,319 votes; Amendment 3 - temporary replacement of legislators called to active duty - by 67 percent, or 2,185 votes, to 33 percent, or 1,056 votes; and Amendment 4 - increase in severance tax allocations to parishes - by 58 percent, or 1,914 votes, to 42 percent, or 1,363 votes.

They voted against Amendment 5 - transfer of assessment level of property expropriated by the federal, state or local governments - by 52 percent, or 1,670 votes, to 48 percent, or 1,516 votes; Amendment 6 - offer owners of expropriated property right of first refusal to buy it back - by 53 percent, or 1,688, to 47 percent, or 1,499 votes; and Amendment 7 - allow investment of money for post-employment benefits - by 54 percent, or 1,744 votes, to 46 percent, or 1,457 votes.

Cameron had a voter turnout of 49 percent; 3,214 of the 6,607 eligible voters in Cameron voted in the election.

Final debris removal will begin in parish Friday

The U. S. Army Corps of Engineers and its contractors will begin its third and final pass of debris removal in Cameron Parish, starting Nov. 8.

This will be the last chance for residents to move their debris to the public right-of-way and have it removed.

To assist in making this operation as efficient as possible, the Corps requests residents sort debris into the following five piles: construction and demolition materials, vegetation, hazardous household waste items, white items (large appliances such as refrigerators, washing machines, dryers, freezers, etc.) and electronic (E-Waste), such as computers, microwave ovens, VCRs, televisions, etc.

Corps have picked up debris from a substantial portion of the parish right-of-ways. As of Oct. 30, more than 24,000 cubic yards of debris has been removed.

The Corps estimates there is less than 40,000 cubic yards of debris left and that it will take until mid-November to finish the cleanup. Amounts

are less than initial estimates.

Under the umbrella of the Federal Emergency Management Agency, or FEMA, the Corps is removing authorized debris along the public right-of-ways of local roads.

Disposal efforts associated with this cleanup are being done in close coordination with Cameron Parish officials, the Louisiana Department of Environmental Quality and the Environmental Protection Agency, among others.

In accordance with the National Response Framework, the U.S. Army Corps of Engineers serves as Emergency Support Function 3 (ESF3), which is public works and engineering.

The agency's response capabilities following a disaster can include providing emergency power, water, ice, technical assistance, debris removal, temporary roofing and temporary housing. Its purpose in accomplishing these missions is to facilitate a rapid recovery from natural disasters.



THE NEW FACILITY for the Cameron Sheriff's Office is nearly complete. The space next to the Cameron Multi-purpose Building will house investigation and records staff. (Photo by Cyndi Sellers.)



NEW TEMPORARY units for South Cameron High School have begun to arrive in Creole. Even the trucks were red, white and blue. The school was destroyed by Hurricane Ike. A temporary school facility is being operated in Lake Charles. (Photo by Cyndi Sellers.)

Cont. on Page 2..

Funerals



ALTON LEE BACCIGALOPI

Alton Lee Baccigalopi, 78, passed away Wednesday, Oct. 29, 2008, at Southwest Louisiana War Veterans Home in Jennings.

A resident of Creole all of his life, he was an Army veteran, a member of American Legion, Farm Bureau of Cameron Parish, and Sacred Heart of Jesus Catholic Church in Creole and their Knights of Columbus. Mr. Baccigalopi had just recently retired from Crain Brothers, Inc. and enjoyed his retirement tending to his cattle and farm work.

Preceding him in death was his only daughter, Cheryl Ann Baccigalopi; his parents, William and Meta Baccigalopi; and a sister and brother-in-law, Ione and Milfred Conner.

Survivors include his loving wife of 55 years, Rena Baccigalopi of Creole; a foster sister, Barbara Portie and husband, Bobby of Creole; a niece, Debbie LeBoeuf and husband, Dale of Creole; two nephews,

David Conner and wife, Diane and Linus Conner and wife, Vanessa all of Creole; his foster nieces and nephews, Chad Portie and wife, Candace of Houston, Tex., Mary Jo Broussard and husband, Greg of Elton, Tammy Suydan and husband, Ron of Reeves and Aquilla Crochet and husband, Shannon of Elton; and many loving family and friends.

His funeral was held Saturday, Nov. 1, at St. Patrick Catholic Church in Sweetlake. Father Joseph McGrath officiated. Burial was in Sacred Heart of Jesus Catholic Church Cemetery in Creole under the direction of Hixson Funeral Home of Lake Charles.

Visitation was held on Friday, Oct. 31, from 11 a.m. until 9 p.m. and again on Saturday, Nov. 1, from 8 a.m. until time of service. A rosary was prayed Friday evening at 7 p.m.

Words of comfort may be shared with the family at www.mem.com.

(Paid Memorial)



LEVI DANE STEPHENSON

Levi Dane Stephenson, 18, passed away Wednesday, Oct. 29, 2008 in a Lafayette hospital.

A lifelong resident of Cameron Parish, Levi was a 2008 graduate of Grand Lake High School and was attending Sowela Technical College in Process Technology. He was employed with Buck's "B. S." Construction and Ron Williams Construction.

Levi was very active in his community and school including membership in Jr. Bull Riding Association, Silver Spurs Little Britches Rodeo, Cameron Parish Livestock/4-H, Cameron Parish Shell Crackers Showteam, FFA, FBLA, Beta, Grand Lake Varsity and Middle School Athletics, "The Marsh Boys" (4-wheeling Club), Victory Baptist Church and Big Lake Gospel Tabernacle Youth Group.

As a Grand Lake Hornet, Levi served as the 2007-08 Prom King and the FFA reporter from 2003 until 2007. Levi was a member of the golf team and the baseball team where he played several positions.

He earned numerous Scholastic, Literary Rally, FFA, Athletic and Livestock awards over the years. He was the 1997 All Around Jr. Bull Riding Champion.

Levi enjoyed a variety of interests including hunting, fishing, golfing, riding 4-wheelers and Harley Davidsons, and camping but always found time to spend with his brother, sisters, family and numerous friends. He will be missed by all who knew him.

He is survived by his father and stepmother, John "Buck" and Rhonda Stephenson; mother and stepfather, Delaine Theriot Melancon and Jared Melancon; brothers and sisters, Suni and Coty Stephenson and Demi White; stepsister, Kaitlyn Guidry; grandparents, Dan and Mona Theriot and David and Edith Drummond; great grandparents, Carl and Rita Albinson and Susie LeBlue;

Grand Lake tells Veterans Day program

Grand Lake School would like to honor all of its graduates who are currently serving in the United States military at its annual Veterans Day Program.

If you or someone you know is a Grand Lake graduate and currently serving in any military branch, please contact Jan Walker at Grand Lake School.

Please send a military photo and include the person's name, military branch, and where he/she is currently serving.

Photos can be sent to 1039 Hwy. 384, Lake Charles, LA 70607. You may call 905-2231 if you have any questions.

The community and all local veterans are invited to attend the annual Veterans Day Program on Nov. 11 at 9 a.m. in the front gym.

aunts and uncles, Angela "Nanny" and Jeffrey "Paran" Jouett, Renee and Robert LaBove, Deidre and Randy Gragg, Shannon and Pam Theriot, Shane Theriot and Jeanette, Darren and Jerylne Theriot, David and Jennifer Drummond and Jerry and Jennifer Dockins; a host of extended family including five special cousins, Farrah Jouett, Jade Kingham, Brooke LaFarque, Kyle and Kris Benoit; special friends, Micah Wells and Christy Ardoin.

He was preceded in death by his grandparents, Buddy and Irene Stephenson.

His funeral was held Sunday, Nov. 2, in Johnson Funeral Home chapel. Rev. Wayne Dartz officiated. Burial was in Pujol Cemetery in Big Lake.

Visitation was in the funeral home on Saturday from 9 a.m. until 9 p.m. with a 7 p.m. rosary with scripture service following led by Father Wayne LeBleu. Visitation continued on Sunday from 8 a.m. until service time.

Pallbearers were Kyle Benoit, Leven Abshire, Marcus Guintard, Jordan Poole, Dylan Morgan, Ryan Monceaux, Caleb Young, Bryce Manuel and Timothy Russell.

Honorary pallbearers were Levi's baseball team members and his Sr. classmate friends.

Memorials in Levi's memory may be made to a special account set up with Cameron State Bank.

Condolences may be given at www.johnsonfuneralhome.net (Paid Memorial)

Veterans Day grew out of Armistice Day observance

In 1918, on the eleventh hour of the eleventh day in the eleventh month, the world rejoiced and celebrated. After four years of bitter war, the Allied powers signed a cease-fire agreement (an armistice) with Germany at Rethondes, France on Nov. 11, 1918, bringing World War I to a close. The "war to end all wars" was over.

Nov. 11, 1919 was set aside as Armistice Day in the United States, to remember the sacrifices that men and women made during World War I in order to ensure a lasting peace.

On Armistice Day, soldiers who survived the war marched in a parade through their home towns. Politicians and veteran officers gave speeches and held ceremonies of thanks for the peace they had won.

Armistice Day officially received its name in the United States in 1926 through a Congressional resolution. It became a national holiday 12 years later. Congress voted Armistice Day a federal holiday in 1938, 20 years after the war ended.

But Americans realized that the previous war would not be the last one. World War II began the following year and nations great and small again participated in a bloody struggle. After the Second World War, Armistice Day continued to be observed on Nov. 11.

In 1953, townspeople in Emporia, Kansas called the

holiday Veterans Day in gratitude to the veterans in their town. Soon after, Congress passed a bill introduced by a Kansas congressman renaming the federal holiday to Veterans Day.

Beginning in 1954, the United States designated Nov. 11 as Veterans Day to honor veterans of all U. S. wars. 1971 President Nixon declared it a federal holiday on the second Monday in November.

Americans still give thanks for peace on Veterans Day. There are ceremonies and speeches and at 11 a.m., most Americans observe a moment of silence, remembering those who fought for peace.

After the United States' involvement in the Vietnam War, the emphasis on holiday activities has shifted. There are fewer military parades and ceremonies.

Veterans gather at the Vietnam Veterans Memorial in Washington, D. C. to place gifts and stand quiet vigil at the names of their friends and relatives who fell in the Vietnam War. Families who have lost sons and daughters in wars turn their thoughts more toward peace and the avoidance of future wars.

Veterans of military service have organized support groups such as the American Legion and Veterans of Foreign Wars. On Veterans Day and Memorial Day, these groups raise funds for their charitable activities by selling paper poppies made by disabled veterans. This bright red wildflower became a symbol of World War I after a bloody battle in a field of poppies called Flanders Field in Belgium.

25 years ago in Cameron

(American Press)

According to the recent fisheries statistics landings of the United States in 1982, Cameron Parish is still the number one fishing port in the nation in volume of fish landed.

Cameron Parish has held this distinction for several years, due mainly to the large menhaden (pogy) plants located here.

According to the report, the United States landed 3,767,000 metric tons of seafood placing the U. S. fourth in the world behind Japan, Russia and China.

Louisiana ranked first with 1,719 million pounds. Louisiana also had many of the most important fishing ports in the United States.

The total value of fish landings to Louisiana was \$240 million.

HOSPITAL

Cont. from Pg. 1

Rural Healthcare Developers owns Patients' Choice Medical Center of Humphreys County in Belzoni, Miss.; and Trinity Hospital in Erin, Tenn., leases Patients' Choice Medical Center of Claiborne County in Port Gibson, Miss.

The company also owns and manages geriatric behavioral health inpatient and outpatient facilities in Mississippi, Arkansas, Tennessee and Louisiana.

Jennifer Jones, counsel for the Lower Cameron Hospital Service District, said "We are very excited about the new management company. Mr. Shoemaker is committed to expansion of health care services for the residents of Cameron Parish."

Visit www.ruralhealthcaredevelopers.com for more information.

MOSQUITO

Cont. from Pg. 1

Sanner said the use of the office space would have to be arranged through a cooperative service agreement, with the Board providing a reasonable rent on the space. The Jury has agreed to pay for property insurance and maintenance for the office space.

The Mosquito Control Board, like others in the parish, had expected to have a lump sum of building funds available from the Cheniere PILOT program, but due to the current economic crisis, the bonds are not selling. The annual payments will still continue for the next eight years, but may be needed just to keep up with cost increases for fuel and chemicals.

Trahan offered to help the Mosquito Control District with some of its expenses by proposing a cooperative endeavor agreement for grass cutting on the Sweetlake property, which now costs the District \$300 per month. The land in Sweetlake can still be sold at some future date, with no expected loss of value, said board member Paul Sellers.

Outgoing board members Whitney Baccigalopi and Ernest Vincent were given plaques of appreciation for the many years they served on the Board. Each praised the staff of the agency for all their hard work over the years.

-The CAMERON PILOT-
(USPS 086980)
Telephones: (337)786-8004 or (337)786-2870

Jerry and Joy Wise, Editors & Publishers; Jeffra Wise DeViney, Advertising Manager; Shirley Johnson, Production Manager; Sue Crise, Julie Fletcher, Crystal Nix, Tina Poole, Dustin Royer, and Dawn Spears, Staff Members

The Cameron Pilot, 110 Asa St., P.O. Box 1486, Cameron, La. 70631. Published Weekly. Entered as periodical mail at Cameron, La., 70631 and Lake Charles, La., 70601. Post Office, Periodical Postage paid.

POSTMASTER: Send address changes to: The Cameron Pilot, P.O. Box 995, DeQuincy, La. 70633.

Subscription Rates: \$23.00 a year (tax included) in Cameron & Calcasieu Parishes; \$25.40 elsewhere in La., \$33.60 elsewhere in USA.



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Great Escape Spa GIVEAWAY

OCTOBER SPA WINNER: SABRAH KINGHAM

Sabrah Kingham, principal at St. John Elementary, has won the October spa package in Cameron State Bank's Great Escape Spa Getaway series. This much-deserved treat was a welcome surprise for Sabrah, who is responsible for 850 students every day! The spa package giveaways continue through November, then in December, the grand prize will be given away -- an all-expense-paid trip for two for seven nights to Lake Austin Spa Resort! Register today for November's **Healing Heat** spa package, and you'll also be registered for the December grand prize. Cameron State Bank will help you stress less every day.

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It Seems Just Like Yesterday

By KEITH HAMBRICK



Lake Charles American Press
Nov. 6, 1939
HACKBERRY SCHOOL HONOR ROLL
 Roy A. Ducote, principal of the Hackberry High School, has announced the following honor roll for the first six weeks:

First grade - Tessie Duhon, Russel Swire, Joseph Logg, Ray East, Faye Doucet, John Louis Dantriel, Nora Bonsall, Junior Cuvillier, Elma Marie Gross, James Davis, Virginia Nell Guttery, Lucy Kebodeaux, Iris Guillory, Francis Lee Critt, Anna Lee Dean, Lawrence Jos. Little.

Second grade - Josephine Abbot, Adney Vaughn, Laura Mae Sanner, A. J. Hebert, Patsy Ruth Frey.

Third Grade - Dorothy Dees, Doris Parker, Gertie Mae Racca, Donald Richard, Hoyt Rountree, Martha Jane Tidwell, Pearl Williams, Ethel Royer, J. G. Duhon, Walter Bonvillian, Flora Bell Ellender, Debby Constance, Aubrey Bonsall.

Fourth Grade - Charles Williams, Patricia Abbott, Mable Courmier, Claudie Gibbs, Bobbie J. Riley, Marvin Hayes, Lucy Belle Mires, Jean Keenan, Alva Lou Whittaker, H. C. Stafford, Oran Seay, Alice Andrus, J. B. Courmier, Leo Vincent, Susie Simon.

Fifth Grade - Berthan Duhon, Marjorie Duhon, Marie Duhon, Clara Lee Bourg, Ella Mae Courmier, Evelyn Devall, Lois Meyers, Daniel Lee Weekly, L. E. Williams, Betty Raye Wright, Robert Lee Navarre, May Belle Yancy.

Sixth Grade - Peggy Arceneaux, Helen Jane Vincent, J. A. Racca, Gus Courmier, Jessie Darbone, Pearl Breaux.

Seventh Grade - Betty Duhon, Betty Jo Johnson, Betty Lou Rollins, Alice Mae Reasoner, Dorothy Davis, Vida Mae Cuvillier, Lionel Ducote.

Ninth Grade - Ray Van Cleave, Eunna Cuvillier.

Tenth Grade - Hazel Stutes, Carl Johnson, James Stewart, Rita Gary.

Eleventh Grade - Marie Davis.

Cameron Pilot Nov. 6, 1975 TOURIST FACILITIES NEEDED IN PARISH

Mrs. Ernest Tabor, Jr. of the Lake Charles Tourist Commission, was speaker at the Cameron Fire Station.

Mrs. Tabor showed a film about the Louisiana Cajun Country put out by the Louisiana Tourist Commission about the beauty spots all over the state and featuring segments on Cameron Parish.

Mrs. Tabor reported that the Creole Nature Trail is about 50 percent complete and that the Calcasieu and Cameron police juries would be asked for more funds so matching state funds can be obtained to finance it.

She said that the Tourist Bureau is receiving numerous inquiries from all over the country about Cameron and the Creole Nature Trail from people wanting to visit and stay in Cameron. Members of the British Writers Society are scheduled to come to Cameron in January and have asked that the bureau find accommodations for them.

Robert Williams, Boy Scout executive from Lake Charles, presented plaques of appreciation to the Lions Club, the Cameron Parish Sheriff's Department Gene Constance and Clayton Nunez, for their help in the Boy Scout benefit held at Holly Beach last week.

CLASS OF '26 HONORED

The Grand Chenier seniors of 1926, first graduating class in Cameron Parish, were honored during South Cameron High School's recent Homecoming.

Only two of the seniors were able to attend the festivities, but others in the high school at the time joined them in the celebration.

At a reception held in their honor were: Mrs. Bessie Davis, Mrs. Carrie Welch Beam, Mr. and Mrs. Carroll McCall, Mrs. Gil Montie, Mr. and Mrs. Eddie Theriot.

HALLOWEEN WINNERS

A Halloween party was held at the District 4 Recreation Center in Grand Chenier. About 150 children attended.

Prizes were won by the following children:

Cutest Costume: Allison Richard and Darrin Theriot.

Funniest Costume: Tina Hebert and Randal Hebert.

Scariest Costume: Ken Nunez and Kimberly Alpin.

Best All Around Costume: Dan Alpin and Cherly Millet.

Apple Bobbing: Ruby

McCall. Pin the Tail on the Cat: Dwayne Nunez and Dwayna Nunez.

AIRPORT STUDY

The environmental impact study on the proposed new airport for Cameron Parish has been completed and copies of it are available from the police jury office, George Bailey, parish engineer, told the Cameron Police Jury Tuesday.

The tentative location of the airport, which will be 175 acres on site, is southeast of Creole, but no definite site has been selected.

DESORMEAUX GETS BRONZE STAR

Staff Sergeant Gary Desormeaux, son of Mrs. Lola Desormeaux of Hackberry, has been decorated with the Bronze Star Medal at George AFT, Calif.

Sergeant Desormeaux was cited for meritorious service while assigned to Okinawa. He is a combat intelligence technician.

Now assigned at George, he serves with a unit of the Tactical Air Command. His father, Duffy Desormeaux, lives in Westlake. The sergeant's wife Cheryl is from Denver.

FFA BOYS WIN

Thirteen FFA members from the South Cameron High School Chapter attended their second livestock show at the Louisiana State Fair in Shreveport, Oct. 15-21.

Two members of the FFA Chapter were selected to represent Louisiana at the International Livestock Show in Chicago, Ill. to be held Thanksgiving week. These were: Becky Morris, daughter of Mr. and Mrs. Bill Morris of Creole and Shane Jouett, son of Mr. and Mrs. Ben Harris, also of Creole. They will exhibit Market Lambs.

Other members who placed in the competition were Denise McCall,

South Cameron High School News

STATE FAIR RESULTS

Sydnee McCall - Overall Reserve Champion Market Hog and Overall Grand Champion LA Bred Market Hog.

Kimily Bourriaque - Reserve Champion Market Barrow and Reserve Champion LA Bred Market Barrow.

Braids LaBove - Grand Champion Braford Base Heifer.

Bryce LaBove - Reserve Champion Braford Base Heifer.

Becka Richard - Reserve Champion Brahman Heifer Gabe LaLande - Grand Champion Braford Bull.

Chan LaLande - Reserve Champion LA Bred Braford Bull.

Braids LaBove and Brett Richard won a trip to Louisville, Ken.

4-H OFFICERS

Congratulations to the 2008-2009 4-H officers: President - Brett Richard, Vice President - Bailey Richard and James Duhon, Secretary - Mikalee Mooney, Reporter - Katelyn Horn, Treasurer - Kimily Bourriaque, Service Learning Chairman - Cody Jouett, and Parliamentarian - Amanda Wickie

SCHOOL CALENDAR

Nov 7 - SC vs Elton - Away.
 Nov 11 - Graduate Sales Orders 9 a.m.

Thompson McCall, Cindy A Nunez, Randilan Crain, Jeffrey Jouett, Diane Doland, Brien Theriot, Bob Savoie, Shadd Savoie, and Larry Myers.



Mrs. Nunez to be Eastern Star Grand Representative

By CYNDI SELLERS

The Thelma Hackett Chapter of the Order of the Eastern Star received a visit from the Worthy Grand Matron of the Louisiana Grand Chapter on Tuesday night in Sweetlake. Juanita Wilkinson, WGM, accompanied by Betty Jo Morgan, Grand Esther, attended the local chapter's regular monthly meeting and used the opportunity to appoint Nancy Nunez as Grand Representative to the State of Washington.

The Worthy Grand Matron recalled a visit to Thelma Hackett Chapter just before Hurricane Rita, when the chapter was still meeting in Cameron. She said Mrs. Nunez, who serves as chapter secretary, had just come from work and was going home after the meet-

ing to pack and evacuate the next day. Her dedication to the chapter so impressed Mrs. Wilkinson that when she became Grand Matron this year she determined to do something special for her. Mrs. Nunez will travel to the Washington OES Grand Chapter as emissary from the Louisiana Grand Chapter next year.

Since Hurricane Rita, Thelma Hackett Chapter has been meeting on the first Tuesday of every month at the Sweetlake United Methodist Church. The chapter received a report on the new Cameron Masonic Lodge building, which is to be re-located to Sweetlake, hopefully in the near future. When completed, the lodge will also be the new home for the OES.

School lunches are told

Cameron Parish school lunch menus are as follows: Friday, Nov. 7, Breaded Chicken, Mashed Potatoes, Fruit Cocktail, Wheat Rolls, White Sauce, Milk.

Monday, Nov. 10, Chicken Alfredo, Tossed Salad, Fresh Fruit Cup, Salad Dressing, Wheat Biscuits, Milk.

Tuesday, Nov. 11, Meatballs, Brown Gravy, Rice, Carrots, Orange Wedges, Peanut Butter Spears, Wheat Rolls, Milk.

Wednesday, Nov. 12, Chicken Fried Steak, Mashed Potatoes, Fresh Fruit Cup, Yellow Cake, Chocolate Glaze, Sliced Glaze, Sliced Bread, Brown Gravy, Milk

Thursday, Nov. 13, Oven Fried Chicken, Seasoned Rice, Blackeyed Peas, Fruit Cocktail, Wheat Biscuits, Milk.

PETS MADE EASY.

GOVERNMENT MADE EASY.

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Hackberry News

By GRACE WELCH

The United States Post Office located in Hackberry is back in operation.

Brown's Grocery is also back operating during the hours of 7 a.m. to 8 p.m.

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Come from behind gives Tarpons much needed win

By CHRIS & LAURIE MUELLER

The South Cameron Tarpons pulled off a big come from behind victory last Friday night in Oberlin defeating the Tigers 22-21. It was a much needed victory for the Tarpons, who had lost their previous two games to Basile and Hamilton Christian, after starting the season 5-0.

After spotting the Tigers a 21-0 lead in the 3rd quarter, the Tarpons woke up and roared back to score three touchdowns in the final 11 minutes.

Dex Murphy scored twice and had the deciding 2 point

conversion. Murphy scored the winning touchdown with 1:50 to play on a 10 yard run followed by his 2 point conversion for the win. Murphy got the comeback started when he hauled in a 68 yard touchdown pass from Kyle Little. Murphy had a big night with 134 yards rushing and 77 yards receiving.

The Tarpons recovered an onside kick just before the end of the 3rd quarter and Gabe Lalande scored on a 20 yard run to close the gap to 21-14. Lalande added 62 yards on 12 carries and Dillion Cormier carried the ball 4 times for 32 yards. Little was 4 of 14 for 104 yards.

Cameron Sheriff's report

The following arrests were made by the Cameron Parish Sheriff's Dept. Oct. 28 - Nov. 4:

Duane Boudreaux, 53, Lafayette, Careless Operation.

Frankie James Hale, 41, Pensacola, Fla., Fugitive Warrant.

Spencer D. Conner, 35, Sulphur, Poss. of CDS IV, Property Damage (two counts), Bringing Contraband Into Penal Institution, Criminal Mischief.

Alejandro Gonzalez-Leija, Lake Charles, Public Intoxication, Illegal Alien.

Larry Gene Hysell, 69, Sulphur, Bench Warrants (three counts).



Cameron Outdoors

By LOSTON MCEVERS



COASTAL EROSION

Traveling through our marshes and coastal canals, we see much erosion, marshes deteriorating, ponds getting larger, and our beaches are further in. It is said that Louisiana loses one football field every 38 minutes. That is equal to a loss of 21.65 square miles every year.

Yes our wetlands are disappearing, but our government just wants to study, I think it's time they build up our coast, even a seawall to stop this loss.

Louisiana's wetlands are the nation's leader in Crude oil production second in our natural gas production. Our commercial fishing supports 25 percent of the nation's total commercial fishing take. We have our shrimpers, oyster fisherman, our crabbers, catfishermen and the big industry of pogy fishing and the Menhaden plants, which are going down.

HUNTING

This is the big weekend for our duck hunters. Our west zone opens on Saturday, Nov. 8 for the first split, running through Nov. 30. The daily bag limit is 6 ducks, no more than 4 mallards (only 2 can be females) one pintail, three mottled ducks, (summer mallards), one black duck, three wood ducks and two red-heads.

The daily limit for scaup is one per day until Dec. 30 in our zone. The daily bag limits for coots is 15, merganser is 5, only 2 may be hooded merganser. Canvasback has a closed season. Possession limits are twice the daily bag limit.

Goose season opens (snows, blues, ross and specklebelly) also opens Nov. 8 in our west zone. Daily bag limit for light geese is 20, with no

possession limit. The daily bag for specklebelly is 2, with a possession limit of 4.

Rails and Gallenules season in our west zone also opens Nov. 8 and runs through Dec. 31. King and Clapper rails - 30 possession, Sora and Virginia rails, 25 daily and 25 possession. Gallinules 15 daily and 30 possession.

Snipe season is open as of Nov. 1 through Nov. 30. Daily bag limit of 8 and 16 possession. The second split of dove season is still open in our south zone, through Nov. 30. Rabbit, squirrel and deer season are still going strong.

Remember, steel shots only for migratory waterfowl hunting.

AREA FISHING

Barry Richard and I went to check our blinds and brought along two rods and reels for redfish fishing. Well we had a fish net, but the Reds weren't biting in the marsh. We noticed crabs along the banks and decided to use the fish net and we would scoop up five or six each time, so we filled our ice chest with crabs. Yes, they were full and very tasty, along with potatoes and onions.

Saltwater anglers are really doing great on Big Lake from the south end to Prien Lake, both Reds and specks. There are some sand trout under the birds. The last time I remember catching sand trout was right out of Joseph Harbor at the small Theo Platforms.

There's still shrimp in the lake and the trout are there hitting the shrimp, so fishing the cork with live shrimp is working, I try to jerk the cork to act as a topwater lure, and then pause a while and repeat. It works!

Oysters--cancer preventer?

A compound in the fats in Louisiana oysters could be a key ingredient in treating and preventing cancer, according to scientists at the LSU AgCenter.

Dr. Jack Losso, a researcher in the LSU AgCenter Department of Food Science, has found that ceramide - a lipid (or fat) found in oysters - can restrict blood vessel growth and development of cancer cells in test tubes and blood vessels in rats.

By preventing the formation of blood vessels, called angiogenesis, the compound keeps cancer cells from multiplying because they can't grow without nutrients from the blood.

Losso said ceramide works on human breast cancer cells both in test tubes and in laboratory rats.

Breast cancer cells come in two types - hormone-dependent and hormone-independent. Hormone-dependent cells appear early while hor-

mone-independent cells appear later and are more difficult to treat, Losso said.

"They can grow on their own without hormone stimulation," he said of the hormone-independent cells. "But when put in contact with ceramide, tumors begin dying within 48 hours."

Losso gathers/harvests ceramide from oysters by blending the oyster meat and extracting the lipid with an organic solvent - the same one that's used to extract oil from corn and soybeans.

After the oil is extracted, the ceramide is removed and concentrated, the researcher said.

Losso said the process is particularly effective because the solvent is accepted by the U.S. Food and Drug Administration as generally regarded as safe.

"Ceramide is a novel way of treating cancer cells," said Losso, who pointed out that the compound is also found in other marine animals, including bivalves, jellyfish and abalone, as well as menhaden.

Most ceramide now used is synthetic, based on cows' milk, Losso said. "It's similar to that found in oysters but with a different structure," he said.

The advantages of ceramide, Losso said, are that it is naturally occurring and can be a preventative as well as a treatment. In addition, the compound is stable.

"It's in the oil," Losso said of ceramide, making it a "healthy fat."

Losso's work is funded through the Sea Grant college program along with early funding from the LSU AgCenter.

Tarpons looking for dist. playoff berth this Friday

By CHRIS & LAURIE MUELLER

The South Cameron Tarpons enter the last week of the regular season in great shape after a last minute victory over Oberlin 22-21 last Friday night.

The Tarpons (6-2, 2-2) will finish the regular season at winless Elton and with a victory are assured of a first round play-off game at home due to their lofty power rating of 12.13 which places them currently at number

11. District rivals Hamilton Christian sits at number 8 and Basile at number 23. Oberlin at #32 needs a victory over Merryville to get in.

The Tarpons' very strong schedule has helped them a lot this season, and hopefully they will be ready for a run in the play-offs. The Tarpons beat Elton last season 35-16 and finished the season 4-6 but were still able to get in to the play-offs but lost in the first round to Oakgrove 62-27.

Basketball Roundup

By CHRIS & LAURIE MUELLER

BOYS
Hathaway 66, Grand Lake 48 - Jordan Hebert led the Hornets with 24 points. Sam Johnston added 10 points.

Bell City 81, Grand Lake 58 - Jordan Hebert chipped in 24 points for the Hornets.

GIRLS
Grand Lake 55, Elizabeth 32 - Liz Kingham led all scorers with 16 points. Kat Kingham added 14 and Amber Trahan chipped in 11 points.

Grand Lake 49, Lacassine 25 - Liz Kingham

paced the Lady Hornets with 23 points. Kat Kingham added 10 points.



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Letters to the Editor

A letter to our representatives

Dear Senator or Representative:

There is an urgent and growing temporary housing crisis in Cameron Parish after Hurricane Ike, and media attention is growing. Please do whatever you can to influence FEMA to allow immediate emergency temporary housing in Cameron Parish (all communities in all parts).

You have done much for all of Louisiana and Cameron Parish in the past, and we need your help now.

Cameron Parish is a participating NFIP community and is eligible for temporary housing assistance after a presidentially declared disaster under the Stafford Act. However, an alarming majority of residents are being denied any and all forms of assistance from FEMA.

As a result, some residents are now living in tents. Local TV stations are airing and reairing these appalling living conditions, and public perception of FEMA is already as negative as it was after Hurricane Rita. It can get much worse.

Specifically what is needed immediately is:

1. Immediate deployment of at least 300-500 or more Park Model travel trailers throughout Cameron Parish to private homeowner sites for a minimum of six months while homeowners repair their homes onsite.

2. Reimbursement for emergency expenses as a result of Hurricane Ike, Mandatory Evacuation, Inaccessible Property, etc.

3. Pressure the insurance companies to process all claims in a fair and timely manner.

4. Work with local parish officials in the approval process instead of automatically denying assistance to all documented taxpayers and landowners throughout Cameron Parish.

What is not needed is:

1. FEMA stating by default "ineligible, insufficient damage" to each and every applicant!

2. Hotels or group site temporary housing outside of Cameron Parish. Our good neighbors in Calcasieu Parish have been very generous, but it is not feasible for most people to commute great distances daily.

3. Any attempts to create additional restrictions and regulations concerning flood maps and building codes.

Please put some really serious heat on FEMA fast

about this temporary housing crisis before it escalates. Otherwise, it is pointless for Cameron Parish to continue participating in the NFIP in the future since our citizens continue to be treated like animals when many need emergency housing. All we ask for is fair and equal treatment like all other disaster areas.

The roads are open and the utilities are all on. We want to continue recovery now at our homes and businesses right away. Please help.

/s/ Jay Rutherford
Cameron Parish resident

Road Home issue solution is told

Dear Editor:

One of the many challenges facing Cameron Parish residents concerns those who selected Option One and received funding from the Road Home program following Hurricane Rita.

Under this option, the homeowner received a grant and retained ownership of their property, but was required to sign an agreement to stay on the property for three years.

Now, many of those who are in this position have lost their homes again in Hurricane Ike and wish to be released from their obligation of staying on the property for three years. However, these homeowners do not want to return their Road Home grant or sell their property to the state.

If you are in this position, please contact me. I have had discussions with the Road Home attorneys, and they have received permission from the Department of Housing and Urban Development to release the homeowners from this agreement, provided certain conditions are met.

In order to qualify for release of this obligation, the homeowner must:

(1) Have received a Road Home grant and have been in compliance with all the conditions of the agreement at the time of Hurricane Ike. In other words, you have to have had another residence on your property which was insured for flood.

(2) Sustained a total loss of your new residence as a result of Hurricane Ike. To prove this, you will need an insurance adjuster's report or letter from the Parish stating that your home was more than 50% destroyed in Hurricane Ike.

(3) The cost of rebuilding to elevation must be "cost-prohibitive."

(4) You will need to let them know about any other circumstances, such as your age, which will render it more difficult to rebuild in the same location.

The attorneys for the Road Home program have asked me to assemble this information and provide it to them. They are very optimistic that waivers will be granted to Cameron Parish residents making this request, but I think it is necessary that we get a firm commitment involving each homeowner's specific situation before anyone incurs additional costs.

I have spoken with several of you already, but please call if you would like to be included in this request and provide me with the necessary information. My temporary office is located at 1161 Highway 384 in Grand Lake (the old Road Home office). My telephone number is 775-5714.

/s/ Jennifer Jones
Jones & Alexander, L.L.C.

FEMA has us where wanted

Dear Editor:

Much has been printed in the last week regarding the plight citizens of Cameron Parish have endured since Hurricane Ike all-but-destroyed our parish, that was remaining since Hurricane Rita.

The grave problems we are facing now due to the lack of help from FEMA has not surprised me. In fact I saw the writing-on-the-wall shortly after Hurricane Rita struck Cameron Parish with FEMA officials waving all that money they brought in on the "big white horse", a horse that no one seems to have seen since Hurricane Ike. . . . And we will never see that white horse ride into Cameron Parish again.

Why you may ask yourself? Well FEMA has us where they want us. We are now riddled with rules that many of us cannot support financially. Many have never gotten their Road Home money since Hurricane Rita and probably never will unless the governor steps in to bring about promises that were made by Road Home officials.

Variances are a topic that almost landed me in jail one night because of a letter to the editor that I wrote. What I saw as a way out because it was a right that had been given to us in our flood ordinance but to which the police jury saw that monies in the form of PWs (Project Works) meant more to the jury than for the citizens of Cameron Parish to return to their homelands thus adding to the population and workforce.

Now I believe that everyone can see where we stand today. I hear that there are approximately 50 properties for sale between Cameron and Grand Chenier. I do believe that the police jury will have to revisit the topic concerning variances if they want to be in a position to save Cameron Parish and its remaining endangered population.

Without housing, without a workforce, without honorable local government and

Horn asks FEMA for help with temporary housing

The Cameron Parish Police Jury last weekend expressed concern about the need for temporary housing while the parish rebuilds after Hurricane Ike. The following letter was sent to the Federal Emergency Management Agency by Parish Administrator Tina Horn:

"Cameron Parish has worked with FEMA since Hurricane Ike to establish immediate temporary housing for approximately 400 residents. Our residents do not need much, but would like to stay close to their home site, so they can clean their property and be close to their jobs.

"FEMA has taken a stance that no mobile homes will be allowed in a V-zone, which is not a problem on the Parish's current ABFEs (flood zone maps), but FEMA has decided to make the Parish use their preliminary D-FIRMS, which would put the majority of Cameron Parish in a V-zone.

"FEMA has presented the preliminary D-FIRMS to the Parish, but have not published the maps. After the maps are published twice the Parish has 90 days to either approve the maps or appeal the maps.

"Cameron Parish is ready with their own technical data to appeal the Preliminary D-FIRMS.

without unity of all the people and government agencies and help from FEMA regarding our present storm, will have to take back our Parish of Cameron if it means sending FEMA down the road.

Cameron Parish is in God's hands for we see that no one wants to dirty their record whether it be FEMA, State and other federal agencies. Cameron Parish has been written off by FEMA and other state agencies as a bad investment for its future and its contributions to Louisiana and the United States.

/s/ Teddy Broussard
Grand Chenier

Hackberry honor lists announced

The Hackberry High School honor roll for the first nine weeks period has been announced as follows:

Grade 2: Andrew Abernathy, Blanche Beard*, Emily Dixon*, Price Durio, Chloe Granger*, Jaron Landry, Jesse LeJeune, Courtney Lester*, Ethan Raffield, Autumn Raymond, Karlie Stine, Elizabeth Stoddard*, Macie Thomas*

Grade 3: Collin Clout, Gracie Devall, Genee Gremillion, Shanna Hebert, Keaton Jinks, Zoie Navarre, Dean Sanner, Bryce Welch

Grade 4: Maison Cloud*, Reagan Darbonne, Julien Fontenot*, Drew Kyle, Alexis Lozier, Shauntel Patin, Jeanne Trahan

Grade 5: Brianne Beard, Jaci Granger*, Kory Kyle*, Kelsey LeBoeuf*, Dakota LeJeune, Kadie Reon*, Lexie Stine*, Alexis Swire*, Logan Tingler*, Abby Trahan*

Grade 6: Sydney Broussard*, Justin Reon, Ricky Smith

Grade 7: Jeb Backlund, Kennedy Darbonne*, Codie Reon, Mattie Stine, Blair Trahan, Jolie Trahan

Grade 8: Samantha Little*, Byron Romero, Madison Shove*

Grade 9: Cullen Beckman, Eddie Bird, Meagan Johnson*, Jacob Pierce*, Kimberly Portie, Lesley Sanner, John Eric White

Grade 10: Ty Carlin*, Erica Duhon, Jenna Granger, Devan LaBove, Kayla Vincent*

Grade 11: Emily Bird*, Sharrette Hardin, Meghan Shipp*, Megan Spicer*

Grade 12: Kevin Alford, Lauren Broussard*, Natasha Ducote*, Drew East, John Edenfield*, Clinton Granger, Kelsey Helmer, Kaitlyn Hicks*, Mason Hicks, Lauren Johnson*, Keithen Nunez*, Jacob Poole*, Allyson Sanner, Shelby Seay, Lori Beth Shove*, Hunter Stansel, Megan Swire*, Chandelle Toups

(*Denotes all A's)

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Decorate your yard with cool-season color --LSU

By DAN GILL
LSU AgCenter
Horticulturist

The seasons are changing, and we are entering a transitional period in the flower garden when warm-season bedding plants begin to fade and cool-season bedding plants are planted to provide fall, winter and spring color.

It is possible that many of your warm-season bedding plants are still hanging in there at this point. If that's the case, leave the beds alone and enjoy the display until next month. But it is important to get cool-season bedding plants into the ground in November or early December at the latest. This will give them a chance to get established before the coldest part of the winter.

Cool-season bedding plants thrive in the cool days and chilly nights we have here during fall, winter and spring. Most will easily tolerate temperatures around 20 degrees or even colder with little or no damage. Some, such as sweet peas, poppies, larkspur, foxgloves, delphiniums and hollyhocks, will wait until spring to bloom. But most will bloom in fall and early winter and then produce a tremendous display in the spring, finally fading out in May as the weather gets hot.

Why plant cool-season bedding plants in the fall rather than in the spring? Well, in addition to the

extended period of bloom you get for your investment, fall-planted bedding plants outperform spring-planted bedding plants by several orders of magnitude. This is because fall-planted, cool-season bedding plants have the entire winter growing season to grow strong roots and large, stocky plants. These large, well-established plants produce more flowers and a more spectacular display than anything you plant in March or April.

Nurseries and garden centers offer a wide selection of cool-season transplants and seeds. Transplants are well-established, blooming-size plants that provide color to your garden right away. Some cool-season bedding plants - such as alyssum, forget-me-not, Johnny-jump-up, calendula, annual phlox and nasturtium - are easy to grow from seed and may be planted directly into the bed where they will grow. A few, including sweet peas, larkspur and the poppies (Shirley, Iceland, California and peony-flowered), resent transplanting and are typically direct-seeded where they will grow.

Before you plant either seeds or transplants, decide where you want to grow them and prepare the soil. Cool-season bedding plants will bloom best in well-drained locations that receive six hours or more of sun daily. Generally, the more sun they receive the more they will bloom and

grow. Pansy, viola, nemisia, diascia and alyssum will bloom fairly well in partly shaded areas where they get at least a few hours of direct sun. Cyclamen, foxglove, nicotiana, forget-me-not, lobelia and primrose are good for the shadier spots.

Do a good job of bed preparation because this makes a tremendous difference in plant performance. Remove any weeds in the bed and turn the soil to a depth of 8 inches. Spread a 2-inch layer of organic matter (compost, peat moss or rotted manure), evenly sprinkle a general-purpose fertilizer over the bed and thoroughly mix everything into the soil. Rake the bed smooth, and you're ready to plant.

When planting seeds, rake the surface of the bed smooth and carefully follow the directions on the back of the seed packet regarding planting depth. Most seeds are fairly small, and planting depth is shallow. Especially fine seed, such as alyssum and poppies, are simply sprinkled onto the prepared soil, pressed down and watered in. They settle into the soil without covering. Larger seeds like nasturtiums and sweet peas are planted about a quarter to a half inch deep.

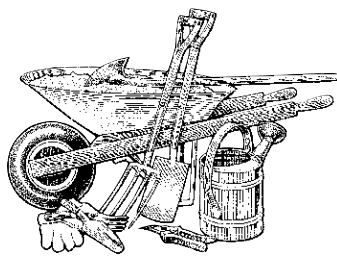
Plant plenty of seeds, and once the seedlings come up, thin them to the proper spacing indicated on the package.

Because they are quick, easy and give instant results, most gardeners favor the use of transplants. Plant transplants at the proper spacing into a well-prepared bed being careful to plant them at the same depth they were growing in the cell pack or pot. Planting too deep often leads to crown or stem rot. It's a good idea to water in newly planted transplants with a soluble fertilizer to get them off to a good start.

Mulch your beds to prevent weeds, conserve moisture and provide some protection against freezing temperatures. Any mulch would be beneficial. Leaves (especially chopped or shredded), pine straw and pine bark are all suitable and attractive.

Although mulch will conserve moisture, additional water will be needed during the first few weeks after planting while the plants get established. After they are established, these plants generally will need little watering during winter. But watering will become increasingly important again as the weather becomes warmer next spring.

Cool-season bedding plants can be used to make your landscape an exciting and colorful place this fall and winter and especially next spring. Careful bed preparation and thoughtful planning when selecting the plants to grow will help make sure you're pleased with the results of your efforts.



Lawn care is a full time job-- use the proper fertilizer

By DAN GILL
LSU AgCenter
Horticulturist

As the days shorten and temperatures gradually become cooler, it is apparent summer is finally ending. Lawn care definitely begins to change during this time of year.

The growth rate of popular turfgrasses like St. Augustine, centipede, Bermuda and zoysia begins to slow down. As a result, now is not a good time to do anything that would disrupt or damage the turf, such as filling, aeration or dethatching.

As temperatures cool, we won't have to mow as often, but continue to mow regularly to maintain proper height and make sure your mower blades are still sharp.

FERTILIZING LAWN

Do not apply standard lawn fertilizers to lawns this late in the year. Fertilizers high in nitrogen applied now will encourage active growth when the grass should be slowing down for the winter. This makes the grass more susceptible to cold injury this winter and encourages disease problems during mild fall weather.

Lawns may be fertilized with a high-potassium fertilizer at this time. The first number in the analysis of these fertilizers, which represents the percentage of nitrogen, should be zero or very small. The third number, which is the percentage of potassium in the fertilizer, should be the highest, as in 0-0-20 for instance (the middle number represents the percentage of phosphorus).

Fertilizers of this type are often called "winterizers" because plants need an adequate supply of potassium to achieve their full, natural hardiness going into winter. The use of winterizers is optional. Our winterizers are not that severe, and if you applied a lawn fertilizer this summer with some potassium in it, your lawn should not need more.

You do need to be cautious when selecting a winterizer. Some of those available may be formulated for Northern lawns, which are not planted with the same grasses we use down here. They benefit from generous nitrogen applications in the fall. Remember, our grasses are made less hardy and more prone to cold damage by nitrogen applications in fall. Unfortunately, I have seen winterizers that are more than 20 percent nitrogen readily available here. Using these products is far worse than doing nothing at all.

WEED CONTROL

Cool-season weeds can be a nuisance in lawns, but they are rarely a major issue. Our dormant lawns don't look that great in winter, anyway. And most cool-season weeds don't damage the lawn since they disappear when the weather gets hot and the lawn is growing. I find mowing a few times in the winter and early spring tends to keep most annual weeds down without the use of herbicides. For those gardeners who are more particular or who've had especially bad

weed problems in past winter and spring seasons (especially with perennial weeds like dollar weed, dandelion, oxalis and clover), now is the time to start control efforts.

Annual cool-season weeds can be prevented from ever making an appearance at all. The application of a pre-emergence herbicide now will kill the germinating weed seeds before they come up. These herbicides prevent weed growth for several months and usually last through spring. Do not use these materials if you plan to overseed your lawn with rye.

Selective post-emergence herbicides, such as Trimec, Weed Free Zone or Weed-B-Gon, may be used to control perennial broadleaf weeds actively growing in the lawn now or later. Applications in February are particularly effective in controlling cool-season perennial weeds. Using a weed and feed fertilizer now is not recommended since these products contain relatively high levels of nitrogen.

PEST PROBLEMS

Brown patch, caused by the fungus *Rhizoctonia solani*, is most prevalent during cool, moist weather in October, November and early December in South Louisiana. Keep an eye out for this disease.

The typical symptoms of the disease are dead areas that start out small and may rapidly enlarge to several feet across. The grass in the center of an active infection will be tan and around the edges will be tan with an

orange tint. Often the grass blades are killed, but the roots and stolons (creeping stems) survive, allowing the turf to recover eventually. The disease also can kill the grass outright or weaken the turf, making it more susceptible to cold damage. St. Augustine grass tends to be the most susceptible.

To control brown patch, treat with a lawn disease control product, such as myclobutanol (Immunox and other brands), as soon as you see rapidly enlarging brown areas, especially after a period of cool, moist weather. Read label directions carefully before using any pesticide.

You have until late October to lay sod if you need to repair damage done this summer or plant a new lawn area. Planting warm-season grasses later provides little time for the grass to become well-established before winter. As an alternative, winter rye seed may be planted in late October and November to stabilize areas of bare soil before winter rains cause erosion. Then you can lay sod for your permanent lawn next April or May.



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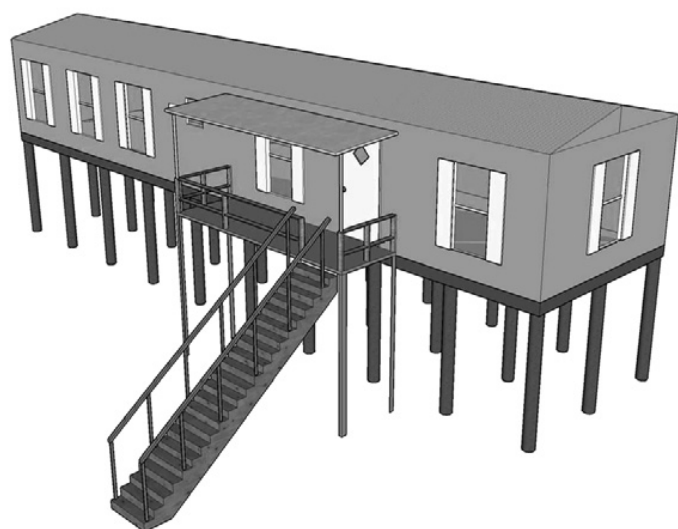
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Counseling service offered to Cameron Parish citizens

Samaritan Counseling Center of Imperial Calcasieu has expanded its services in response to increased needs in the community, including those related to recent natural disasters.

According to Executive Director Mickey Shannon, the local center was selected to partner with the international office of the Samaritan Institute for the Clergy Congregation Care Program, a research, development and training effort to help Samaritan Centers nationwide serve clergy, congregations and judicatories by delivering quality education, consultation, counseling and related services. The Lilly Endowment funded the CCC program for the Samaritan Institute.

The Lake Charles-based center is currently performing an informal assessment of the needs and wants of the local clergy in response to its participation in the CCC program, according to Program Director Paul Godeaux.

"According to pastors that I have talked to, they would like some kind of program that can help them with the overwhelming needs of the community. I'm hoping that there are enough clergy willing to guide us into understanding what this area needs so a program to serve them can be accomplished. I believe it needs to come from them, instead of us telling them what they need," Godeaux said, noting that the center is an interfaith agency, not tied to one particular denomination.

The center also received a Building Community Resiliency grant funded by the Louisiana Family Recovery Corps, which received funds from the American Red Cross. The Recovery Corps, a non-profit organization based in Baton

Rouge, coordinates humanitarian services for the state of Louisiana in the aftermath of disaster.

The LFRC, which partnered with organizations in New Orleans, Baton Rouge and Lake Charles, was created following Hurricanes Katrina and Rita and has helped more than 30,000 households with recovery planning, housing, children's services and emotional well-being needs since January 2006.

The grant awarded locally is designed to serve Calcasieu and Cameron parishes, as well as assist clergy and law enforcement, according to Godeaux. Through the funding, the Samaritan Counseling Center of Imperial Calcasieu has provided training to law enforcement through a program known as "Sharpening the Saw," in addition to its Crisis Intervention Team training, which educates officers about mental illness. The grant also allowed for a speaker's bureau through the center and provided funds to create three interfaith education and support workshops.

The grant will also assist with the congregational care component of the local center.

"This area has had four hurricanes, two floods, and a hail storm in the last three years," Godeaux said. "These seminars have been helpful in helping clergy cope with their individual stress and their congregation's stress. The local clergy and churches have picked up the ball to help the community to recover from the hardships of these natural disasters."

Samaritan has counseling centers in four area locations. For more information about Samaritan Services, call 433-4357.

Foggers can be dangerous if not used properly

A recent report from the CDC has highlighted Louisiana as a state with documented cases of illnesses and injuries resulting from the improper use of total release foggers, more commonly referred to as bug bombs or insect foggers.

The Department of Health and Hospitals - Office of Public Health is urging citizens to use caution when operating these foggers, as many people are unaware that these products pose a health risk, especially if label directions are not followed.

Improper use may result in users developing respiratory problems from breathing the fog or entering too soon into a treated room. In addition to health risks, misusing foggers can cause fires or explosions.

The CDC's Morbidity and Mortality Weekly Report examined 466 fogger exposure cases from eight states (including Louisiana) between 2001 and 2006. Roughly 20 percent of the cases had symptoms that were considered moderate or severe and five percent were hospitalized for one day or more.

Common reasons for exposure were failure to

leave the treated area before the fogger discharged, re-entry into the treated space too soon after the fogger was discharged, and using more than the recommended number of foggers.

Twenty-two percent of the cases were from Louisiana. Most individuals had respiratory problems such as cough, shortness of breath and wheezing. In one case, a child was burned when a fogger exploded after it was placed under a stove with a lit pilot light.

Protect your health when using these devices by reading and following directions on the label. Safe alternatives to foggers include eliminating cockroaches' food, water and hiding places and preventing flea infestations on pets through spot or oral treatments.

A brochure on foggers and other pesticide information is available on the DHH Web site at www.seet.dhh.louisiana.gov or by calling 888-293-7020.

Thank you
VETERANS

Five environmental questions that are never asked

(NAPSA)-Simple "green" living ideas are everywhere from billboards to T-shirts-but there are less common, yet equally important, environmental issues.

1. What is the impact of composting?

Composting, the process of converting organic materials into soil, is a simple way to reduce garbage by one-third and preserve living organisms. According to Composters.com, compostable waste makes up 30 percent of garbage in the United States. In 1999, the EPA recorded that 64 million tons of materials were saved from landfills by composting and recycling. Now, just think how much waste can be saved if composting becomes as common as recycling. Web sites such as Compost.org provide easy-to-use home-composting guides. Did you know tea bags, coffee grounds and corn husks can be composted?

2. Can print cartridges be recycled?

Yes. In fact, many manufacturers offer print cartridge recycling free of charge. For example, HP offers free recycling for its ink and toner cartridges through the HP Planet Partners program and makes sure all HP cartridges returned through Planet Partners are recycled and diverted from landfills. Many companies that refill or remanufacture print cartridges are private and not required to disclose end-of-life recycling processes. A Gartner Research study stated: "While the use of remanufactured supplies can reduce initial acquisition costs and prevent cartridges [from] going to landfills, organizations must understand that many remanufacturers do not have proper disposal practices, and their efforts may not be environmentally sound." No matter where you buy print cartridges, be sure to research the company's recycling policies and standards.

3. Paper or Plastic?

Many people know that plastic is harmful to the environment. Recently, the city of San Francisco implemented a ban on using non-recyclable plastic bags in grocery stores, saving nearly 5 million bags a month from landfills. Plastic bags are not the only villain; paper bags require more than double the amount of energy to manufacture and transport than plastic bags, according to the Environmental Literacy Council. The trend is catching on, and cities across the nation, such as Seattle, are

working towards "green" fees for disposable bags and encouraging the use of reusable bags in grocery stores.

4. Is it important to purchase organic cleaners? Harmful pollutants in cleaners put people at risk in their homes and negatively affect water and air quality. Organic cleaners have less toxicity, low volatile organic compounds (VOCs) and are biodegradable. According to the EPA, cleaners with high VOC content contribute to smog formation. Ingredients containing phosphorus or nitrogen evaporate into the air and pollute bodies of water, affecting numerous wildlife species. It's important to think about organic cleaners when cleaning a home but also when searching for professional cleaning services such as housekeepers, car detailing and dry cleaning.

5. How do I know what can be recycled?

Understanding what can and cannot be recycled is a significant step toward helping the environment. Many people spend 40 hours a week sitting at a desk, where throwing away paper becomes habitual. Sticky notes can be recycled; tissues cannot. Food wrappers or soiled products cannot be recycled. Magazines, soda cans, juice bottles (both plastic and glass) and even most lotion bottles can be recycled. You may be surprised what can be recycled, even things without a recycle symbol can sometimes be recycled, such as dry cleaning wire hangers and worn-out tennis shoes. Web sites such as World.org provide simple recycling-education tools. Keep a "recycle only" container at your desk for one month. You may be surprised at how many workplace items are recyclable.

You can learn more online at EPA.gov and Compost.org.



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Fins & Waters

By GLENN THOMAS

In all types of fishing, we almost always assume that the biggest fish are the best. We target the biggest fish with lures and bait and with nets that catch only larger individuals, and we often make regulations that require the smaller fish to be released.

There are unquestionably positive results from some of these regulations, such as allowing individuals of a species to achieve spawning age before they can be taken. But many recent studies are showing that this approach is also having unintended consequences.

These studies have ranged from laboratory experiments in aquaria, to studies of cod across expansive ocean fishing grounds, to wide-ranging compilations of multiple studies on salmon and trout, to controlled studies of carefully stocked fish in lakes.

The results are giving a very clear picture. Fishing pressure on the biggest fish often selects against the traits we favor: fast growth, active feeding behavior and large size. In essence, we are seeing that many fishing strategies are inducing evolutionary responses in fish populations, such as early maturation at small size and reduced fecundity.

In one study on North Atlantic cod, analysis revealed probable genetic changes in growth in this population in response to size-selective fishing. The main question being investigated was why cod stocks have not rebounded in areas where fishing pressure has been reduced. Results indicated that there had been genetic changes in growth rates in this population in response to size-selective fishing, accounting for the continued small size-at-age despite good conditions for growth and little fishing for over a decade.

In another revealing

experiment, two small Canadian lakes were stocked with equal densities of two types of rainbow trout. One genotype was selected for its fast growth and aggressive feeding behavior (fast/bold) and the other for traits of slow growth and cautious behavior (slow/shy). The fish were the same size at stocking. Then both lakes were fished intensively, but even-ly, with gill nets. Fifty percent of the fast/bold fish were captured, but only 30 percent of the slow/shy fish were taken. The authors stated that:

"Given that growth is heritable in fishes, we speculate that evolution of slower growth rates attributable to behavioral vulnerability may be widespread in harvested fish populations. Our results indicate that commonly used minimum size-limits will not prevent overexploitation of fast-growing genotypes and individuals because of size independent growth-rate selection by fishing."

The next step will be to apply this knowledge to real-world fisheries management. Some research has already begun on how to best avoid these problems. Each fishery will require a somewhat different approach, since response to selective harvesting depends on specific life histories, varying environments and different community structures.

In the future, managers will need to consider these factors of fisheries-induced evolution. Better genetics data will be required, along with sound understanding of existing ecological processes and changing aquatic environments.

Glenn Thomas is an associate professor of fisheries for the Louisiana Sea Grant Program and the Louisiana State University AgCenter School of Renewable Natural Resources. He can be reached at gthomas@agctr.lsu.edu.

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Catholic Calendar

Vol. 34, No. 23

A PAGE DEVOTED TO LOCAL CATHOLIC INTERESTS † THE DIOCESE OF LAKE CHARLES † LCDIOCESE.ORG

November 6, 2008

Diocese of Lake Charles Seminarians 2008 - 2009



The Most Reverend Glen John Provost, D.D.
Bishop of Lake Charles



Prayer for Priestly and Religious Vocations

The son of Man came to serve and not to be served (Matthew 20:28)
O Jesus, God and Gentle Shepherd grant that the men and women from our community, may have the grace and the courage to hear and answer your call to priesthood and religious life.
Give them the wisdom to realize that life is a gift. Let them realize their life is part of YOUR plan. Call forth those you have chosen to spread the gospel message, and to help them to freely respond to a life of service in the Church.
May the Parents and families of our parishes support and encourage young men and women to search for, follow, and answer the call of God in their lives.

Seminary Addresses

Pontifical Josephinum
7625 North High Street
Columbus, OH 43235

The Catholic University of America
620 Michigan Ave., N.E.
Washington, DC 20064

Pontifical North American College
00120 Vatican City State
Europe

St. Joseph Seminary College
75376 River Road
Saint Benedict, LA 70457

Remembrance Dinner to benefit Bishop's Appeal

LAKE CHARLES —The inaugural Monsignor Irving A. DeBlanc "Remembrance Dinner" to benefit the 2008-2009 Bishop's Services Appeal will be held on Thursday, November 20 beginning at 7 p.m. at Harlequin Steaks and Seafood, 501 West College Street in Lake Charles.

The cost of the dinner is \$75 and reservations may be made by calling 310-0077.

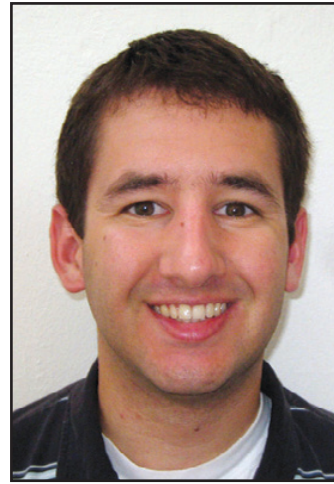
Guest speakers for the event will be Nicholas Hunter and The

Most Reverend Glen John Provost, Bishop of Lake Charles. Hunter will reflect on the memory of Monsignor DeBlanc while Bishop Provost will offer a reflection on the remembrance of loved ones and conclude the evening with benediction.

The Bishop's Services Appeal is the annual fundraising drive that provides funding for the various ministries and offices of the Diocese of Lake Charles. The goal for this year's Appeal is \$600,000.



DEACON
SCOTT CONNER
Fourth Year Theology
Pontifical North American College
Josephinum
Our Lady of Seven Dolours, Welsh
Birthday: 12/17/1976



JEFF STARKOVICH
Second Year Theology
Pontifical North American College
Christ the King, Lake Charles
Birthday: 3/29/1985



RUBEN VILLARREAL
3rd Year Philosophy
Catholic University of America
St. Lawrence, Raymond
Birthday: 8/3/1987



DAVID "DOC" HARDEY, JR.
2nd Year Pre-Theology
Pontifical College Josephinum
St. Theodore, Moss Bluff
Birthday: 7/19/1982



BRANDON JONES
2nd Year Philosophy
St. Joseph Seminary College
St. Henry, Lake Charles
Birthday: 6/6/1987



MATTHEW CORMIER
3rd Year Philosophy
St. Joseph Seminary College
Our Lady of LaSalette, Sulphur
Birthday: 5/22/1988



BRYAN THOMPSON
1st Year Theology
Pontifical College Josephinum
Cathedral of the Immaculate Conception, Lake Charles
Birthday: 11/16/1980



KOREY LAVERGNE
2nd Year Philosophy
St. Joseph Seminary College
Our Lady of LaSalette, DeQuincy
Birthday: 5/23/1988



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Vocation Director
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aubrey.guilbeau@lcdioocese.org



FR. KEITH PELLERIN
Director of Seminarians
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keith.pellerin@lcdioocese.org



FR. ANTHONY FONTENOT
Vocation Recruiter
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anthony.fontenot@lcdioocese.org



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Vocation Recruiter
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Fred Fluitt named to lead Companions

LAKE CHARLES — Fred Fluitt, a member of Our Lady of LaSalette Church in DeQuincy and a Knight of the Holy Sepulchre, has been elected president of the Companions of Honor of the Diocese of Lake Charles for a two-year term. The election took place at last Saturday's business meeting for the Companions, which followed the Annual Memorial Mass for deceased members of the group.

Lauretta Fluitt, also of Our Lady of LaSalette, will serve as vice president. Selected to serve additional two-year terms as secretary and treasurer, respectively, were Robert Chiasson of Our Lady of Seven Dolours in Welsh and Bernard Beaco of St. Henry Church in Lake Charles.

During the Mass members of the organization who died since last November were remembered:

Noelle Boudreaux, Alvin Murphy, Wilson Winters, Max Morris, Clarence L. Duhon, Gwin Miller, Roberta M. Conner, Walter Issac Pousson, Sr., Truman Stacey, Jerome Henry Ottenweller, Roger Joseph Malbrough, Sr., Norma Gregory, Edward Thomas Cassidy, Jr., Marian Kline, Joseph Vincent Zimmerman.

Also, at the business meeting members were informed that during the 2007-2008 fiscal year, which ended June 30, contributions were made totaling \$20,744 to assist in the operation of the Office of Evangelization. This accounts for the second largest amount given by members of the organization, which is made up of individuals who have been honored by the Diocese or the Holy See or who are members of recognized orders of chivalry residing in the Diocese.



Official Appointment

His Excellency, The Most Reverend Glen John Provost, D.D., makes the following appointment:

Rev. Arturo Lozano, S.J., Director of Hispanic Apostolate, effective Nov. 1, 2008, with office at St. Henry Catholic Church; in residence at Immaculate Heart of Mary Catholic Church.

By order of His Excellency, the Most Reverend Ordinary,

Glen John Provost

+Glen John Provost
Bishop of Lake Charles

40 Hours Devotions set for November

LAKE CHARLES — Churches in the Western Deanery of the Diocese of Lake Charles will serve as hosts for the 40 Hours Devotion to the Blessed Sacrament promoting vocations to the priesthood and the religious life in the Diocese of Lake Charles during November.

At Our Lady of LaSalette Church in DeQuincy the Devotion is scheduled from Sunday, Nov. 9 through Thursday, Nov. 13. On Sunday, Monday, Tuesday and Wednesday adoration will be from 2 p.m. to 10 p.m. and on Thursday from 2 p.m. to 6 p.m.

St. John Bosco in Westlake will host the Devotion on Tuesday, Wednesday and Thursday, Nov. 18-20. On Tuesday and Thursday, adoration will begin at 8:30 a.m. and continue until 9:30 p.m. and on Wednesday from 7 a.m. to 8 p.m.

St. Joseph Church in DeRidder will close out the month with Devotion slated from 7 a.m. to 7 p.m. Monday through Wednesday, Nov. 24-26.

Did you know . . .

St. Theodore Church in Moss Bluff was established on July 1, 1974. In the early days of Calcasieu Parish, people from Moss Bluff journeyed to attend Mass at Immaculate Conception Church. Catechism classes were offered in private homes in Moss Bluff and taught by priests from the mother church, including Rev. Theodore Hassink and Rev. Curtis Vidrine. St. Hubert Chapel, built in 1940 on Martha Street in north Lake Charles, was made a parish in 1952 and the St. Theodore Chapel was completed in 1968 in Moss Bluff. Population shifts diminished St. Hubert's congregation and forced the suppression of the parish in 1974. Father Hassink became St. Theodore's first pastor.

Religious order priests have been of great help to the Catholic Church in Southwest Louisiana. Do you know the name of the order that served the Sacred Heart of Jesus Church in Lake Charles for many years following its establishment in 1919? Find out in our next Catholic Calendar.



THE ELEMENTARY Danceline came out in support of the Grand Lake Hornets during the homecoming parade on Oct. 22. Members are (seated, from left) Hope Duhon, Katelynn Granger, Madison Theriot, Kaylee Thomas, Marissa Dupont, Emily Fontenot; (standing, front row) Kinlee Boudreaux, Cecilia Lomeli, Maeleigh Conner, Gabrielle Talbot, Madison Frazier, Jaylyn Smith, Allison Ross, Alana Theriot; (back row) assistant coach Paige Landreneau, sponsor Janice Dupont, and coach Jill Duddlestone.

Pumpkin Perfect Oatmeal Cookies

(Makes 18 servings)
Ingredients:
 1 pkg. (17.5 oz.) oatmeal cookie mix
 1/2 cup Libby's® 100% Pure Pumpkin
 3 tablespoons vegetable oil
 1 large egg
 1 cup sweetened dried cranberries, raisins or nuts (optional)
 Preheat oven to 375° F.
 Combine cookie mix, pumpkin, oil and egg in large bowl. Stir in dried cranberries, if desired. Drop by rounded teaspoonfuls, about 2 inches apart, onto ungreased baking sheets.
 Bake for 10 to 12 minutes or until lightly browned and set in centers. Cool on baking sheets for 1 minute; remove to wire racks to cool completely.



GRAND LAKE JV and Varsity basketball players rode on this float at the homecoming parade on Oct. 22. (Photo by Cyndi Sellers.)

Advice given on how to select your family doctor

Dear Savvy Senior,
 What resources are available that can help me research some doctors in my area? I'm looking for a new primary care doctor for my mother and an orthopedic doctor for me, but I could use some help.

Hunting for Docs

Dear Hunting
 Over the years, most people looking for a new doctor have turned to friends, family members, coworkers or doctors they already know for a recommendation. Or many simply pick a physician from their health plan who happens to be nearby, and hope for the best. But today, a growing number of resources are available that can help patients find the best medical care possible. Here's what you should know.

Finding Dr. Right

The Internet has become the single greatest source for locating and evaluating physicians. Whether you're researching a new doctor or looking to learn more about your current doctor(s) there's a number of online resources that provide basic data on just about every licensed doctor in the U.S. Here are some good ones to help you get started:

- **Vitals.com:** A free Web resource (www.vitals.com) that will help you locate, evaluate and choose a doctor based on their training, expertise, consumer ratings and recommendations from other doctors. You can also rate doctors and leave comments for others to see. Other sites to check that offer similar services include www.ratedocs.com, www.findadoc.com, www.careseek.com, www.thehealthcarescoop.com and www.drscore.com.

- **American Medical Association:** Offers a DoctorFinder service (<http://webapps.ama-assn.org/doctorfinder>) that provides free information on virtually every licensed physician in the U.S., including their educational history, medical specialties and hospital admitting privileges.

Doctor's Check-Up

After you find a few doctors you're interested in, here are some additional sources that can help you dig a little deeper. To check into your doctor's board certification status, for example, visit the American Board of

Medical Specialties www.abms.org or call 866-275-2267. And to learn about any disciplinary actions taken against doctors, your state medical licensing board is your best resource. The Federation of State Medical Boards Web site has direct links to every state board at www.fsmb.org/directory_smb.html where you can search for free. Or you can go to www.docinfo.org and request a physician profile (for \$10) that includes license and disciplinary status.

If you're looking for more information, there are several fee-based services that can help including Health Grades (www.healthgrades.com), which provides reports (\$29.95 each) that cover education and training, board certification, professional misconduct or disciplinary action, and satisfaction scores from patients. Consumers' Checkbook (www.checkbook.org) is another neat service that can help you search for top-rated doctors that have actually been recommended by other doctors. Their database lists 20,000 physicians, in 30 different fields of specialty, in 50 metro areas. They charge \$24.95 for a two-year subscription.

What to Know

Once you have found a few names of doctors you might want to try, here are some additional things you need to find out, which you can easily do by calling their office:

- Are they accepting new patients?
- Do they accept your specific health insurance plan? You can also find this out by visiting your health plan's Web site. To search for doctors that accept Medicare go to www.medicare.gov/physician, or call 800-633-4227.
- Where is their clinic or office located? Is it easy for you to get to?
- What are the office hours?
- How long does it take to get an appointment?
- Does the doctor have a relationship with the hospital you prefer?
- Is the doctor available after hours or on weekends?
- Does the doctor (or a nurse or physician assistant) give advice over the phone or via e-mail for common medical problems?
- If the doctor is of foreign decent does he/she speak clear, understandable English?

Send your senior questions to: Savvy Senior, P. O. Box 5443, Norman, OK 73070, or visit www.savvysenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

Diabetes biggest health threat of 21st century

Diabetes is growing to epidemic proportions and is the biggest public health crisis of the 21st century, according to the American Diabetes Association. This answers, "Why should you care about diabetes?" the theme of this year's diabetes awareness campaign through November.

"Diabetes is a major health concern for everyone," said LSU AgCenter nutritionist Dr. Beth Reames.

The death rate for diabetes has continued to grow since 1987, while the death rates from heart disease, stroke and cancer have declined.

The Louisiana Office of Public Health reports that approximately 10.2 percent of Louisiana residents are estimated to have been diagnosed with diabetes by a physician. That's more than 2 percent higher than the national rate of 8 percent.

Diabetes complications include heart disease, blindness, kidney disease, stroke and amputations, Reames explained, noting, "Keeping blood glucose, blood pressure and cholesterol in control can reduce the risk for heart attack or stroke."

The nutritionist pointed out that the risk for diabetes increases with age, excessive weight gain or inactivity. Diabetes is more common in African-Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders.

"Healthy eating is important for managing dia-

betes," Reames said. She recommended several tips for making healthful food choices.

- Eat lots of vegetables and fruits. Try picking from the rainbow of colors available to maximize variety. Eat nonstarchy vegetables such as spinach, carrots, broccoli or green beans with meals.

- Choose whole grain foods over processed grain products. Try brown rice with stir-fry or whole wheat spaghetti with pasta sauce.

- Include dried beans (like kidney or pinto beans) and lentils in meals.

- Include fish in meals two or three times a week.

- Choose lean meats like cuts of beef and pork that end in "loin" such as pork loin and sirloin.

- Remove the skin from chicken and turkey.

- Choose nonfat dairy such as skim milk, nonfat yogurt and nonfat cheese.

- Choose water and calorie-free "diet" drinks instead of regular soda, fruit punch, sweet tea and other sugar-sweetened drinks.

- Choose liquid oils for cooking instead of solid fats that can be high in saturated and trans fats. Remember that fats are high in calories. If you're trying to lose weight, watch your portion sizes of added fats.

- Cut back on high-calorie snack foods and desserts like chips, cookies, cakes and full-fat ice cream.

- Watch portion sizes. Eating too much of even healthful foods can lead to weight gain.

The LSU AgCenter's Diabetes Education Awareness Recommendations (DEAR) program and Smart Portions Healthy Weight Program provide information on healthful eating, physical activity recommendations and lifestyle habits. For information about these programs or about eating healthfully using the U.S. Department of Agriculture's MyPyramid, contact the LSU AgCenter extension agent in your parish.

For related nutrition topics, click on the Food and Health link on the LSU AgCenter home page at www.lsuagcenter.com.

Simple lifestyle changes; Can books help your memory?

(ARA) - Do you ever find yourself at the grocery store struggling to remember what you came for? Are you forgetting birthdays and lunch dates? If these situations sound familiar to you, you're not alone. Forgetfulness is one of the most common complaints of those in middle age and beyond.

Memory loss and Alzheimer's disease rank high on the list of senior fears. Alzheimer's was the No. 1 fear of aging, according to research conducted by Bankers Life and Casualty Company, a national life and health insurer that focuses on serving the retirement needs of the middle market. Similarly, a national poll by Research!America and Parade magazine showed that adults were more than twice as likely to fear losing their mental capacity as their physical ability.

The good news is according to researchers at Johns Hopkins, most memory loss has nothing to do with Alzheimer's disease. Nearly all of us, they say, take more time to learn and recall information as we age.

There are simple things that you can do in your everyday life to increase your ability to retain information and exercise your brain.

Engage your brain.

Mentally stimulating activities strengthen brain cells and the connection between them. You can keep those cells in shape by giving them a workout. Instead of passively watching TV, try something that engages your brain: reading, writing, taking a class, doing a crossword puzzle or even learning a new game to play with family members.

Stay in touch.

Loneliness is linked to depression, a risk factor for memory loss. Try to keep your social network strong by volunteering or simply helping a neighbor. Make a conscious effort to stay connected with friends and relatives by visiting with them or keeping in touch by phone or e-mail.

Eat healthy.

Maintaining a balanced diet, low in saturated fats is said to be better for cognitive functioning. In addition, the

Alzheimer's Association notes growing evidence that a diet rich in dark vegetables and fruits - which contain antioxidants - may help protect brain cells.

Stay active.

Regular exercise can increase oxygen to the brain. It can also lower the risk for diseases that can lead to memory loss, such as diabetes and cardiovascular disease. Your doctor can help you develop an exercise regime that's best for you.

When to seek help.

"It's important to know the difference between normal forgetting and something more serious," says Scott Perry, president of Bankers Life and Casualty Company, who serves on the board of directors of his local Alzheimer's Association chapter.

Serious memory problems, according to the National Institute on Aging, are those that affect a person's ability to perform everyday activities. For example:

- * Asking the same questions over and over.
- * Becoming lost in familiar places.
- * Not being able to follow directions.
- * Getting very confused about time, people and places.
- * Losing interest in daily activities such as grooming and eating.

If you have concerns about your memory, talk to your doctor right away. For more topics of interest, visit www.bankers.com and click "Senior Resources."



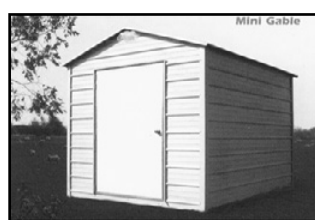
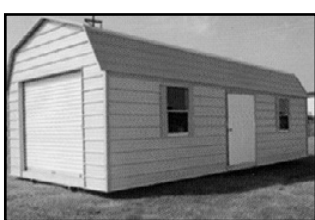
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Tips on how to reduce your risk of cancer

(NAPSA) - Cancer touches nearly everyone at some point in life. Chances are, you or a family member has confronted cancer. In the U.S., one in two men and one in three women will be diagnosed with cancer during their lifetime.

Most Americans understand the importance of maintaining a healthy lifestyle, but it may come as a surprise that even small lifestyle improvements can reduce the risk of developing cancer.

To help Americans better understand how they can reduce their risk of cancer, C-Change, a national cancer coalition, is spearheading a communication initiative designed to facilitate the adoption of uniform consumer-tested messages by cancer and other health organizations for use in their respective public communication and education efforts. These messages center on the following simple steps adults can take to reduce their risk of cancer:

- **Check Your Status** - Talk to your doctor about the screenings recommended for you
- **Improve Your Diet** - Make fruits, vegetables and whole grains a larger portion of your diet
- **Increase Your Activity** -



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Find small ways, like taking the stairs or parking farther away, to get a few extra steps in each day

• **Quit Smoking** - Support groups, free hotlines and other resources are available to help you quit.

"We have an enormous opportunity as individuals to take steps to reduce our risk of cancer," said Tom Kean, executive director of C-Change. "One of the goals of C-Change through its member organizations is to help Americans understand that small changes to your everyday lifestyle can make a big difference and, ultimately, help Americans reduce their risk of cancer."

Former President George Bush and Barbara Bush are starring in a new series of television public service announcements (PSAs), produced by the Ad Council, a member of C-Change, to further spread the message of prevention. The PSAs may also be adopted by C-Change member organizations in their own educational materials.

A recent survey conducted on behalf of C-Change shows Americans are not aware of the important role they play in cancer prevention. Less than half of those surveyed felt knowledgeable about ways to reduce their risk, and only 47 percent of Americans over age 35 think they can make a difference in their cancer risk.

According to the American Cancer Society, at least half of all new cancer cases could be prevented or detected at earlier, more curable stages through screenings. The C-Change survey revealed that only 52 percent of Americans regularly get medically screened.

For more information, visit www.C-ChangeTogether.org.

Fueling your kids for sports activities

(NAPSA)-Whether going all out for the soccer team or training for a dance performance, the energy needs of kids and teens are generally greater than adults. After all, they need nutrition for growth as well as sports performance and that energy largely comes from the foods they consume.

Nutritious snacks that fuel the body for activity go a long way to helping young athletes perform at their best. Portable snacks before and after exercise to achieve a sustained energy boost are as close as your pantry.

Sun-Maid Growers of California have made it especially easy for on-the-go families with a variety of premeasured boxes of Sun-Maid Natural Raisins and soon with new single-serve packages of golden raisins and dried cranberries. Each box is about 90 calories, an ideal serving size for a quick energy boost for older kids and teens.

For very active sports such as football, basketball, hockey and soccer, keeping young athletes fueled before and after practice is essential. That's not always easy when racing to the field after school. The answer can come from this on-the-go snack. Protein from the nuts, whole grains and raisins for energy, and a touch of sweetness from honey are what make

Buckle Up! It's the law!

Louisiana has what is called a "primary enforcement" safety belt law. That means that an officer can pull you over and issue a ticket if you are not buckled up according to state law. The fine for a first offense safety-belt violation is \$25.

State law requires drivers and front-seat passengers to buckle up while a vehicle is in motion. Kids under one year of age and weighing up to 20 pounds must be secured in a rear-facing safety seat. Kids ages 1 to 4 and weighing 20 to 40 pounds must be secured in a front-facing safety seat. Kids ages 4 to 6 and weighing up to 60 pounds must be secured in a front-facing booster seat and safety belt.

All other children up to age 13 must wear safety belts while the vehicle is in operation. Remember that children are always safer in the rear seat of a vehicle.

The Louisiana Highway Safety Commission advises all motorists to buckle up. Your chances of surviving a crash are improved by 45 percent if you are wearing your safety belt.

granola cups great for a pre- or postgame treat. For more dried fruit recipe ideas, visit www.sunmaid.com.

On-The-Go Granola Cups

- 1 3/4 cups old-fashioned oats
- 1/4 cup finely chopped pecans
- 1/4 cup finely chopped almonds
- 1/4 cup pumpkin seeds
- 2 tablespoons sesame seeds
- 1/2 cup maple syrup or honey
- 2 tablespoons butter, melted
- 1 large egg white
- 1 teaspoon vanilla
- 1 cup Sun-Maid Fruit Bits or Natural Raisins

Preheat oven to 350°F. Line 12-cup muffin tin with muffin papers.

Spread oats, nuts and seeds on a rimmed baking sheet. Bake for 20 minutes or until fragrant and lightly toasted. Reduce oven temperature to 300°F.

Combine syrup or honey, butter, egg white and vanilla in large bowl. Add raisins or fruit bits and toasted mixture; stir well. Spoon 1/3 cup mixture into each muffin cup and pack firmly using bottom of flat measuring cup.

Bake 40 minutes until well browned. Cool completely in pan. Makes 12 cups. Store in airtight container.

Is LASIK right for you?

(NAPSA) - LASIK, the popular vision correction procedure, was the topic of a recent FDA panel meeting in which its safety and effectiveness were reaffirmed.

Scientific data presented during the meeting showed that 95.4 percent of patients worldwide are satisfied with their results.

"As one of the most studied medical procedures, LASIK is well established and has an exceptional track record," said Kerry D. Solomon, M.D., a world-renowned ophthalmologist and refractive surgeon at the Storm Eye Institute. "Today's modern LASIK delivers superior safety and better visual outcomes than ever before."

Dr. Solomon answers key questions about LASIK:

Q: What is modern LASIK?

A: Today's "modern LASIK" combines 3-D mapping and customized treatment for the first all-laser LASIK procedure.

The U.S. military and NASA have approved this combination of technologies on personnel including pilots and astronauts.

Q: Is everyone a candidate for LASIK?

A: No. In fact, on average, 20-25 percent of people are ineligible. Those with thin or irregularly shaped corneas, or unrealistic expectations, generally are not considered good candidates.

Q: What should I do if I'm considering LASIK?

A: Talk to your friends and ask for referrals to find the physician who is right for you. The best patients are those who do their own research and ask questions.

Cranberry Upside-down Cake

- 1 1/2 cups whole grain pastry flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon ground cinnamon

A variety of painless tests will be performed during the prescreening examination.

The exam, which lasts about two hours, includes 3-D mapping and customized wave-front measurements of your eye and an examination of your corneas. Be sure to thoroughly read all the information provided, including the informed consent and educational materials.

Q: What should I expect after LASIK?

A: After the procedure, you will rest the remainder of the day. Your doctor will conduct follow-up exams in the first days, weeks and months following your procedure.

Q: Should I be afraid? Does it hurt?

A: LASIK today is fast and virtually painless. But remember, LASIK is surgery. Understanding both the benefits and the risks is important.

Serious complications are less than 1 percent. Complications may include dry eye, glare/halos and double vision, which typically resolve over time, or in some cases can be managed with enhancements or other therapy such as drops to replace the eye's moisture.

"LASIK changes lives for the better, and with all of today's advanced technologies, there simply is no better time to have LASIK," said Dr. Solomon.

For more information, visit www.ascrs.org or check out www.thelaskfacts.com.

LASIK vision correction is performed on 700,000 people annually and has a 95.4 percent satisfaction rate.

- 1/4 teaspoon salt
- 2/3 cup packed brown sugar
- 1/3 cup canola margarine
- 1 1/4 cups cranberries
- 1/2 cup pecans
- 1/3 cup canola oil
- 3/4 cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup low-fat sour cream

Preheat oven to 350°F. Wrap outside of 9-inch springform pan with aluminum foil to prevent leaking. Sift flour, baking powder, baking soda, cinnamon and salt; set aside. In saucepan over medium heat, combine brown sugar and margarine. Bring to a boil; pour into the bottom of pan. Sprinkle with cranberries and pecans. In large bowl, blend oil and sugar with electric mixer on medium speed until light and fluffy. Beat in eggs one at a time; stir in vanilla. Beat in flour mixture alternately with sour cream. Pour into prepared pan. Bake for 35 to 40 minutes until golden brown. Cool 5 minutes. Turn upside down onto serving dish; remove pan. Yield: 8 servings.

For more recipes, visit www.northerncanola.com or call 701-221-2028.



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Classifieds

REAL ESTATE

CENTURY 21 BESSETTE Realty, Inc., Office: 337-474-2185, Grace Robideaux, Realtor: 496-1611

•842 W FRIESEAN Rd: Mobile homes welcome!! 1.12 acres with mechanical system and well in place, needing to be re-done due to hurricane Rita. 11 ft elevation required. Already 5 ft above with 3 ft house pad. Received Road Home elevation money with 2 yrs remaining occupancy required. Call C21 Bessette 474-2185 and ask for Grace (496-1611) for more details.

•NEW! 6 month old 18 X 80 Cavalier mobile home on 1 acre in Grand Lake. 85 loads of dirt for the foundation. No hurricane damage to this one. \$93,500

•HEBERT CAMP Road lots: Tract 3&4 \$25,500, Tract 1 \$22,500

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REAL ESTATE

•20 ACRES of wooded timberland for sale north of DeQuincy, Beauregard Parish. Please contact Darlene Nortman with Coldwell Banker Elite at (337) 274-2466 or (337) 463-2004 for more information.

FOR SALE in Grand Lake: One acre in Glen Acres subdivision. On Elaine Lane Did not flood. \$32,000. Call 540-0260.

FOR SALE: 1626 Enterprise Blvd., Lake Charles - 4BR/3BA large home 3000SF with lots of storage and nice guest quarters, great courtyard, fire-place, never flooded, \$164,900 Reinauer Real Estate 310-6352, Mel Cole 855-3991. 10/30 - 11/19mc

LOOKING TO retreat/re-locate? Nice 3 B/R brick home near Dry Creek. Features large Family rm, central a/h, carport. All on 5 acres, near East Beauregard Sch. For more infor. call Lynn or Russell at Wingate Real Estate, 337-462-0331.

FOR SALE By Owner in DeQuincy: 212 Coffee St., three bedroom, 3 bath. Apartment, pool. Reduced to \$160,000. Call 764-6716. 11/5 - 11/29

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HELP WANTED: Rotorcraft is accepting applications ground support person for fueling and loading helicopters. Also includes basic upkeep of the office building and grounds. Schedule is 7 & 7 working 12 hr days. If interested please call 775-5898. 1

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•SE LAKE Charles/Iowa, La. - 3 bedroom, 2 1/2 bath large home on one acre, \$179,500. Much more! Must see!

•S LAKE Charles - 3 bedroom, 2 bath large home, 1 1/2 years old, some inside completion needed. Seller will offer stipend for completion. Make offer, \$205,700.

•LAKE CHARLES - Beautiful 3 bedroom 2 bath town home; many amenities, must see. All appliances remain. Prien Pare area, \$158,500.

•LAKE CHARLES - Completely updated home, 3 bedroom, 2 bath, new appliances, Oak Park area. New Price, \$114,500.

•LAKE CHARLES - Near I-210, 3 bedroom, 1 bath, large fenced yard and more, \$74,500.

•L A K E CHARLES/IOWA Area - Large double wide mobile home, 1/2 acre, only 4 years old, great back yard, much more to see, \$102,500.

•WESTLAKE: Excellent location, 2 bath, 4 bedroom home, 1 1/2 stories. Anxious seller, make offer, \$102,500.

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Tips given on preventing home fires in booklet

(NAPSA)- You can help to keep your family from being part of a disastrous statistic: There are 67,000 home fires a year caused by faulty electrical systems.

Fortunately, there are new safety technologies, such as arc fault circuit interrupters (AFCI), that can prevent fires. These devices detect problems in damaged wiring and stop the flow of electricity before a fire can start.

The Problem

- Arc faults can occur for many reasons, including:
- Worn electrical insulation;
 - Misapplied or damaged plugs on electrical cords;
 - Loose electrical connections;
 - Drill bits, nails, staples or screws driven into wires behind the walls;
 - Furniture pressing against electrical cords;
 - Broken or frayed wires.

Arc faults can happen in old or new homes and usually occur at low power levels that can't be detected by a traditional circuit breaker. If you've ever plugged an electrical cord into an outlet and seen bluish sparks, you've seen an arc.

An Answer

Because arc faults often occur behind walls, they can go undetected for many years. For many homes, the compact Combination Type AFCI from Siemens provides a new line of defense against arc faults.

A modern electrical protection system also includes circuit breakers and load centers, ground fault circuit interrupters and surge protection devices. Each of these products is designed to protect people and their possessions against different electrical dangers.

Further Measures

Four other ways you can help protect your home from fires:

1. Install smoke detectors



Dear Savvy Senior,

Can you give me a full run-down on the Social Security and Medicare changes for 2009? Planning Ahead

Dear Planning,

In the midst of all the financial turmoil, Uncle Sam has good news for seniors in 2009! Come January, you and over 50 million other Americans receiving Social Security benefits will get a 5.8 percent raise, the largest since 1982. But that's not all. Medicare also recently announced that for the first time in eight years your Part B monthly premium (which covers doctor and outpatient services) will not go up next year. Here's a rundown on what you can expect in 2009.

SSA Adjustments

To help keep up with inflation, every year since 1975 Social Security has been giving automatic cost-of-living-adjustments (COLAs). For 2009 that adjustment is a 5.8 percent increase, which is the largest in 25 years. The 2009 COLA is figured based on the increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the third quarter of 2007 through the third quarter of

2008. Here's a run-down of some other Social Security COLA numbers that may interest you:

• The 5.8 percent increase will mean that the "average" monthly Social Security check for an individual will go from \$1,090 in 2008 to \$1,153 in 2009 - an increase of about \$63.

• The average retired couple, both receiving benefits will see their monthly check go from \$1,773 to \$1,876.

• The maximum Social Security benefit any worker can get at full retirement age in 2009 will be \$2,323 per month.

• The average disabled worker's benefit will increase \$58 per month from \$1,006 to \$1,064.

• The federal standard SSI monthly payment for an individual will go from \$637 a month for an individual to \$674, and from \$956 to \$1,011 for a couple.

• The maximum amount of earnings that are subject to the Social Security tax will increase from \$102,000 to \$106,800.

• Retirees who work and receive benefits but are under full retirement age will see their 2009 earnings limit increased to \$14,160 (it was \$13,560 in 2008). That limit jumps to \$37,680 up from \$36,120 in 2008) the year a worker reaches full retirement age.

2009 Medicare

Your Social Security boost isn't the only positive news. For the first time since 2000, and only the sixth time in Medicare's history, your Part B premium will not be increased from the previous year. Your 2009 Part B premium will be \$96.40 per month - the same as in 2008.

The news, however, for wealthier seniors - who make up about 5 percent of Medicare enrollees - isn't as good. Their premiums will be increased based on their income level. Here's how it breaks down. For individuals with incomes of \$85,000 to \$107,000, or married couples filing joint tax returns with incomes of \$170,000 to \$214,000, their Part B premium will be increased to \$134.90 per month in 2009; individuals earning \$107,000 to \$160,000 (couples \$214,000 to \$320,000) will pay \$192.70; individuals with incomes of \$160,000 to \$213,000 (couples \$320,000 to \$426,000) will pay \$250.50; and individuals with incomes of \$213,000 to \$250,000 (couples \$426,000 to \$500,000) will pay \$312.00.



THE CAMERON PARISH LIBRARY BOARD IS ACCEPTING APPLICATIONS FOR THE POSITION OF LIBRARY DIRECTOR.

Description: The Library Director is responsible for all aspects of library operation, including hiring and supervision of employees, collection development, budgeting and financial management, grant writing, public relations, and facilities management. The Director reports to the Library Board of Control and serves as secretary for the Board.

Requirements: Master of Library and Information Science degree from ALA accredited program and five years of library experience, with some supervisory experience. State certification required within one year of employment. Knowledge of and experience in financial management, budgeting, human resource management, technology, collection development, public relations and communication required. Grant writing helpful. Ability to work with government, educational and community groups essential.

Salary and Benefits: \$40,000-\$60,000 range, depending on qualifications. Excellent retirement, insurance, and vacation/sick leave/holidays as provided for all Cameron Parish employees. Library vehicle available for work related travel within the parish.

Send resume and contact information for three professional references to: Cynthia L. Sellers, P. O. Box 44, Cameron, LA 70631.

Deadline: Nov. 17, 2008

RUN: Oct. 30, Nov. 6, 13 (O 57)

ATTENTION: CAMERON PARISH RESIDENTS

We have been building elevated homes in Cameron Parish that meet or exceed the Hurricane Construction Codes since 2002, in Hackberry, Louisiana. Since then, our homes have withstood the fury of both Hurricane Rita and Hurricane Ike with very little wind damage and NO flood waters entering the homes.

We have the manpower, expertise, equipment, and suppliers available to offer you a Land/ Home package on a lot in Angler Bay, a private, restricted, waterfront subdivision in Hackberry, Louisiana.

All the lots in Angler Bay are built up to an elevation of 6 ft. M.S.L. and then each home is constructed 9 ft above grade, to give each home a minimum base flood elevation of 15 ft. M.S.L. (Hurricane Ike Storm surge is estimated at 12 ft M.S.L in Hackberry).

New construction of elevated homes will start around \$100/ ft2 under roof, and for land/home packages we'll just add in the cost of the lot to

the total price. The homes can be equipped with elevators in addition to stairs to ease the climbing of stairs.

If we can help you, please give us a call and we will be happy to visit with you, show you some of the homes we have constructed, and give you a written bid on your project. We can give you a firm bid, or we can build on a cost plus basis if you prefer to do some of the work yourself, whichever you prefer.

Even if we don't get the chance to work with you, please remember this. A reputable contractor should have 15-30 day credit accounts with suppliers to provide materials for your project. You should not be required to give reputable contractors money up front to start your project, but instead only after materials are present at the worksite and a percentage of the work is completed.



BREAUX, INC.

La. License # 86011 • Sam Breaux

337-489-9202



LEGAL NOTICES

ADVERTISEMENT FOR BIDS

Sealed bids will be received for the State of Louisiana by the Division of Administration, Office of Facility Planning and Control, Claiborne Office Building, 1201 North Third Street, Conference Room I-145 (South Entrance 1st Floor-1st door on the right), Post Office Box 94095, Baton Rouge, Louisiana 70804-9095 until 2:00 p.m., **Tuesday, November 25 2008.**

ANY PERSON REQUIRING SPECIAL ACCOMMODATIONS SHALL NOTIFY FACILITY PLANNING AND CONTROL OF THE TYPE(S) OF ACCOMMODATION REQUIRED NOT LESS THAN SEVEN (7) DAYS BEFORE THE BID OPENING. **FOR: Hurricane Rita Repairs, DOTD District 07 - Holly Beach Unit, Holly Beach, Louisiana**

PROJECT NUMBER: 01-107-05B-13, Part UA

Complete Bidding Documents may be obtained from:

**Jeffrey M. Kudla, Architect, LLC
429 Kirby Street
Lake Charles, La. 70701
337-436-3650**

upon deposit of \$100.00 for each set of documents. Deposit on the first two sets are fully refundable to all bonafide prime Bidders upon return of the documents, in good condition, no later than ten (10) days after receipt of bids. Fifty percent (50%) of the deposit of all other sets of documents will be refunded upon return of documents as state above.

All bids must be accompanied by bid security equal to five percent (5%) of the sum of the base bid and all alternates, and must be in the form of a certified check, cashier's check or Facility Planning and Control Bid Bond Form written by a surety company licensed to do business in Louisiana, signed by the surety's agency or attorney-in-fact. Surety must be listed on the current U. S. Department of the Treasury Management Service list of approved bonding companies as approved for an amount equal to or greater than the amount for which it obligates itself in the Bond, or must be a Louisiana domiciled insurance company with at least an A- rating in the latest printing of the A.M. Best's Key Rating Guide. If surety qualifies by virtue of its Best's listing, the amount of the Bond may not exceed ten percent (10%) of policyholders' surplus as shown in the latest A.M. Best's Key Rating Guide. The Bid Bond shall be in favor of the State of Louisiana, Office of Facility Planning and Control, and shall be accompanied by appropriate power of attorney. No Bid Bond indicating an obligation of less than five percent (5%) by a method is acceptable.

The successful Bidder shall be required to furnish a Performance and Payment Bond written by a company licensed to do business in Louisiana, in an amount equal to 100% of the Contract amount. Surety must be listed currently on the U. S. Department of Treasury Financial Management Service List (Treasury List) as approved for an amount equal to or greater than the contract amount, or must be an insurance company domiciled in Louisiana or owned by Louisiana residents. If surety is qualified other than by listing on the Treasury list, the contract amount may not exceed fifteen percent of policyholders' surplus as shown by surety's most recent financial statements filed with the Louisiana Department of Insurance and may not exceed the amount of \$500,000. However, a Louisiana domiciled insurance company with at least an A- rating in the latest printing of the A.M. Best's Key Rating Guide shall not be subject to the \$500,000 limitation, provided that the contract amount does not exceed ten percent of policyholders' surplus as shown in the latest A.M. Best's Key Rating Guide nor fifteen percent of the policyholders' surplus as shown by surety's most recent financial statements filed with the Louisiana Department of Insurance. The Bond shall be signed by the surety's agent or attorney-in-fact.

A PRE-BID CONFERENCE WILL BE HELD at 1:00 p.m. on Thursday, November 13, 2008 at Holly Beach Maintenance Unit, Department of Transportation & Development (DOTD) District 07, 5501 HWY 27 (Holly Beach Hwy), Holly Beach, LA.

Bids shall be accepted from Contractors who are licensed under LA. R.S. 37:2150-2163 for classification of **Building Construction**. Bidder is required to comply with provisions and requirements of LA. R.S. 38:2212(A)(1)(c). No bid may be withdrawn for a period of thirty (30) days after receipt of bids, except under the provisions of LA. R.S. 38:2214.

The Owner reserves the right to reject any and all bids for just cause. In accordance with La. R.S. 38:2212(A)(1)(b), the provisions and requirements of this Section, those stated in the advertisement for bids, and those required on the bid form shall not be considered as informalities and shall not be waived by any public entity.

When this project is financed either partially or entirely with State Bonds, the award of this Contract is contingent upon the granting of lines of credit, or the sale of bonds of bonds by the State Bond Commission. The State shall incur no obligation to the Contractor until the Contract Between Owner and Contractor is fully executed.

Facility Planning and Control is a participant in the Small Entrepreneurship Program (the Hudson Initiative) and bidders are encouraged to consider participation. Information is avail-

able from the Office of Facility Planning and Control on its website at www.doa.louisiana.gov/fpc/fpc.htm

STATE OF LOUISIANA
DIVISION OF
ADMINISTRATION FACILITY
PLANNING AND CONTROL
JERRY W. JONES, DIRECTOR
RUN: Oct. 23, 30 & Nov. 6 (O 34)

LEGAL NOTICE

This is to advise that the Cameron Parish Police Jury meeting in regular session convened on the 20th day of October 2008 accepted as complete and satisfactory the work performed under Waste System Improvements pursuant to the certain Contract I between said Cameron Police Jury and Jan's Construction for a Water Distribution System recorded under File No. 306624, 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 sums due in the absence of any such claims or liens.
By: Magnus McGee, President
RUN: Oct. 30, Nov. 6, 13, 20, 27 & Dec. 4 (O 43)

LEGAL NOTICE

This is to advise that the Cameron Parish Police Jury meeting in regular session convened on the 20th day of October 2008 accepted as complete and satisfactory the work performed under Water System Improvements pursuant to the certain Contract IIA between said Cameron Parish Police Jury and Griner Drilling for a Waterwell Refurbishment recorded under File No. 306625, 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: Magnus McGee, President
RUN: Oct. 30, Nov. 6, 13, 20, 27 & Dec. 4 (O 44)

LEGAL NOTICE

This is to advise that the Cameron Parish Police Jury meeting regular session convened on the 20th day of October 2008 accepted as complete and satisfactory the work performed under Water System Improvements pursuant to the certain Contract IIB between said Cameron Parish Police Jury and TREK, Inc. for a Ground Storage Tank recorded under File No. 306626, 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: Magnus McGee, President
RUN: Oct. 30, Nov. 6, 13, 20, 27 and Dec. 4 (O 45)

BID NOTICE

Sealed bids will be received by Cameron Parish Water and Wastewater District #1 until 4:00 PM Wednesday, November 19, 2008 in the Water District Office located at 126 Ann Street in Cameron LA 70631. Items up for bid are 800 foot of 10 inch SDR 26 class 160 GST JT pressure pipe, 60 foot 10 inch SDR 11 IPS PE3408 HDPE pipe, one end has a Harvey Adapter with flange. All bids must be submitted on bid forms obtained from Cameron Parish Water and Wastewater District #1 or by calling 337-775-5660.
RUN: Oct. 30, Nov. 6, 13 (O 53)

ADVERTISEMENT FOR BIDS

Sealed proposals for the construction of the following project will be received by the Cameron Parish Police Jury on **Thursday, November 20, 2008 until 2:00 PM** at the Cameron Parish Police Jury Annex, 122A Recreation Ln., Cameron, LA (337-775-5719)

Project Number: 2008-12 PARISH WIDE ROAD IMPROVEMENT PROJECT PHASE I

The rules and regulations for the State Licensing Board for contractors will apply; the project being classified as:

II Highway, Street, and Bridge Design

Bids must be submitted on the prescribed form. All blank spaces for bid prices must be filled in, using ink and in both words and figures, with the unit price for the item or the lump sum for which the bid is made. The bidder shall provide all information indicated on the attached forms. Failure to provide the information indicated constitutes an informality in the proposal, rendering it subject to rejection by the owner.

All bids must be submitted in sealed envelopes bearing on the outside the name of the project on

Bachelor's Cheese And Macaroni Recipe

Submitted by: ilovetocook23

Ready in: 2-5 hrs
Difficulty: 2 (1=easiest :: hardest=5)
Serves: 4

Ingredients:

- 1 small box elbow macaroni
- 3 cups cheddar cheese – shredded
- 1 can evaporated milk
- 1 1/2 cup homogenized milk
- 3 eggs
- 1/2 stick butter
- salt and pepper to taste

Directions:

Cook macaroni according to directions on box.
Grease crock pot with butter.
Mix all ingredients in crock pot, cook on high for 30 minutes then turn on low and cook for 2 hours.

<http://www.cditchen.com/recipes/recs/12/Bachelors-Cheese-And-Macaroni115411.shtml>

Leftover-Turkey Bake

(Healthy Cooking!0

This moist casserole is a great way to finish extra turkey. Dotted with pretty cranberries, the satisfying hot dish is a perfect way to warm up chilly winter nights. -Alice Slagter of Wyoming, Michigan

Servings: 4

Category: Lower Fat

Time: Prep: 20 min. Bake: 35 min.

Ingredients:

- 1-1/2 cups finely chopped onion
- 1/2 cup finely chopped celery
- 1 can (14-1/2 ounces) reduced-sodium chicken broth, divided
- 2 eggs, lightly beaten
- 2 teaspoons poultry seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups cubed whole grain bread
- 3 cups cubed white bread
- 2 cups cubed cooked turkey breast
- 1/2 cup chopped fresh or frozen cranberries

Directions:

In a large saucepan, bring the onion, celery and 1/2 cup broth to a boil. Reduce heat; simmer, uncovered, for 5-8 minutes or until vegetables are tender. Remove from the heat. Stir in the eggs, poultry seasoning, salt, pepper and remaining broth until blended. Add the bread cubes, turkey and cranberries; mix well.

Spoon into a 2-qt. baking dish coated with cooking spray. Cover and bake at 350° for 15 minutes. Uncover; bake 20-25 minutes longer or until a thermometer reaches 160°. Yield: 4 servings.

Nutrition Facts - One serving: Calories: 290; Fat:5 g; Saturated Fat:1 g; Cholesterol:154 mg; Sodium:916 mg; Carbohydrate:34 g; Fiber:4 g; Protein:27 g; Diabetic Exchange:3 lean meat, 1-1/2 starch, 1 vegetable.
<http://www.tasteofhome.com/Recipes/Leftover-Turkey-Bake>

Fruit Breakfast Burrito Recipe

Submitted by: Jackeline, California, USA

Ready in: < 30 minutes
Difficulty: 1 (1=easiest :: hardest=5)
Serves/Makes: 1

Ingredients:

- 1 (6-inch) flour tortilla
- cream cheese
- strawberry jam
- 1 kiwi fruit, peeled and thinly sliced

Directions:

Spread the cream cheese over the tortilla. Spread the strawberry jam over half of the tortilla.
Place the kiwi fruit slices over the other half of the tortilla. Fold the two sides together and serve.

which the proposal is submitted. If forwarded by mail, the sealed envelope containing the proposal and marked as directed above, must be enclosed in another envelope addressed as specified in the proposal form, and preferably sent by registered mail.

For the purpose of award, the product of the approximate quantities of each item shown in the proposal by their respective unit and/or lump sum prices will be considered the amount of the bid on each item. The correct summation of these products will be the amount bid on the entire work.

Proposal forms will not be issued later than 24 hours prior to the hour and date set for receiving proposals. 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 proposal forms are available at the office of Lonnie G. Harper & Associates, Inc., 2746 Hwy 384, Bell City, Louisiana 70630, (337) 905-1079. Plans and specifications may be inspected upon deposit of \$50.00 per set. Bids must be submitted on proposal 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 the proposals and to waive informality.
Cameron Parish Police Jury
/s/ Magnus McGee, President
RUN: Oct. 30, Nov. 6, 13, 20

Hotdog Wraps Recipe

Submitted by: 99bottlesofbeer
Ready in: < 30 minutes
Difficulty: 2 (1=easiest :: hardest=5)
Serves: 8

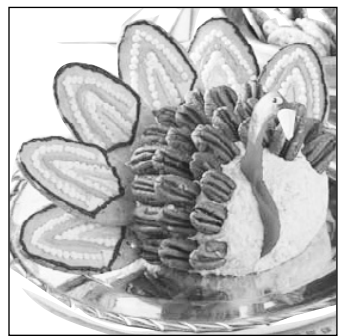
Ingredients:

- 8 hotdogs
- 8 small flour tortilla shells
- Sliced cheese
- Mustard
- Ketchup
- Onions, chopped
- Relish
- Chili

Turkey Cheese Ball

(Country Woman)

While the real bird is roasting, you can present your guests with this tasty Thanksgiving turkey. Our flock of clever Test Kitchen cooks dreamed up the recipe for this festive cheese ball centerpiece.



Servings: 12
Category: Appetizer
Time: Prep: 45 min.
+ chilling

Ingredients:

- 2 packages (8 ounces each) reduced-fat cream cheese
- 6 ounces deli smoked turkey, finely chopped
- 1 cup (4 ounces) shredded cheddar cheese
- 1 tablespoon finely chopped onion
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon garlic powder
- DECORATIONS:
- 3 packages (3 ounces each) cream cheese, softened
- 2 tablespoons milk
- Brown, orange and yellow paste food coloring
- 6 large oval crackers
- 1 large sweet red pepper
- 1 small yellow summer squash
- 1 cup pecan halves
- Assorted crackers

Directions:

In a small mixing bowl, beat the first six ingredients until combined. Shape into a ball; wrap in plastic wrap. Refrigerate for 1 hour or until firm.

In a small mixing bowl, beat cream cheese and milk until smooth. Divide among four small bowls. With food coloring, tint one bowl brown, one dark orange and one light orange (using yellow and orange); leave one bowl plain. Transfer each mixture to a heavy-duty resealable plastic bag; cut a small hole in a corner of each bag.

For turkey tail feathers, decorate the top halves of large oval crackers with tinted cream cheese.

Using the red pepper, form the turkey head, neck and snood. For beak, cut a small triangle from summer squash; attach with cream cheese. Add eyes, using brown and plain cream cheese. Insert pecan halves and decorated crackers into cheese ball. Serve with assorted crackers. Yield: 1 cheese ball (3 cups).

(Editor's Note: This recipe was tested with Townhouse Oval Bistro crackers.)
<http://www.tasteofhome.com/Recipes/Turkey-Cheese-Ball>

Tex-Mex Soup Recipe

Submitted by: ljeaves

Ready in: > 5 hrs
Difficulty: 3 (1=easiest :: hardest=5)
Serves: 8

Ingredients:

- 2 cups water
- 1 can (14-1/2-ounce size) diced tomatoes
- 1 can (14-ounce size) beef broth
- 1 can (8-ounce size) tomato sauce
- 1/2 cup chopped onion
- 1 can (4-ounce size) diced green chili peppers
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon garlic powder
- 1 package (9-ounce size) frozen cooked Southwestern-flavor chicken breast strips – thawed
- 8 corn tortillas – torn into 1- to 2-inch pieces
- 3/4 cup Cheddar cheese (or Monterey Jack cheese with jalapeno peppers) – shredded

Directions:

In a 3-1/2- or 4-quart slow cooker combine 2 cups water, undrained tomatoes, tomato sauce, onion, chile peppers, cumin, chili powder, Worcestershire sauce, and garlic powder.

Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

If using low-heat setting, turn slow cooker to high-heat setting. Stir in chicken strips. Cover and cook for 15 minutes more.

Stir in tortillas and serve immediately. Garnish each serving with shredded cheese.

This recipe from CDKitchen for Tex-Mex Soup serves/makes 8

<http://www.cditchen.com/recipes/recs/228/Tex-Mex-Soup118048.shtml>

This recipe from CDKitchen for

Hotdog Wraps serves/makes 8
<http://www.cditchen.com/recipes/recs/116/Hotdog-Wraps118587.shtml>

Jif & Kidding

HIDDEN PICTURE

Color in each space that contains a letter.

SECRET CODE

What can be as big as an elephant but weigh nothing?

20	12	1	20	23	8	16
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The President's Speech

President Abraham Lincoln gave the "Gettysburg Address," probably his most famous speech, in November 1863, when he was invited to dedicate a cemetery for Union Soldiers who had died in the Civil War.

Today, there are five known copies of the "Gettysburg Address." Two are in the Library of Congress. Originally, Lincoln gave these to his private secretaries, John Nicolay and John Hay. The copy he gave Nicolay, which is on exhibit at the Library of Congress, may have been the first draft of the speech, or it may have been what Lincoln read the day of the speech.

When Nicolay died, his copy was given to Hay. After Hay died, his relatives gave both copies to the Library of Congress.

In order to preserve the copies of the address, Dr. Nathan Stolorow made state-of-the-art environmental containers to hold them. These containers have heavy-gauge stainless steel inner supports and two outer frames. They are filled with a low-moisture gas, so no oxygen can destroy the documents. They are kept in a low-temperature vault, which has other valuable documents.

In addition to the copies Lincoln gave his secretaries, he wrote other copies of the address when he returned to Washington, D.C. One is on display in the Lincoln Room of the White House, and another is at the Illinois State Historical Library.

SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

BEAD	GREED	PLEAD
BLEED	INDEED	RAGWEED
EXCEED	KNEAD	SEED
FEED	LEAD	STAMPEDE

THE WORDS READ UP, DOWN AND ACROSS.

```

E X C E D E B E A D
A K N E E E L W E A
D E R I N D E E D E
D T R Y U I E O E N
S T A M P E D E E K
E P G K L D J H R G
E D W L E A D D G F
D S E X C E E D S A
E F E E D L B E E D
C E D H A P S E A D
    
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Connect the dots

So You Want To Be...

Look out your window, and you can probably see something designed by an engineer. That's because engineers work on machines, buildings, highways, bridges, subways, products and even robots.

When working on a project, engineers use math and science. In addition, they have to study and think about all the ways a bridge, road, product or machine will be used. Many of them use computers to test how their projects will work. Then engineers spend a lot of time writing reports on their research, plans and projects.

From labs to factories to building sites, engineers work in large and small cities, and in the country, too. There are many kinds of engineers—including chemical, civil, electrical, mechanical and nuclear.

Engineers usually have a four-year college degree in one type of engineering. But even though they train in one type of engineering, most can work in other areas of engineering.

FIND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?

ANSWER: FIVE AND SIX

TIC TAC TOE

Answers

Chocolate Peanut Butter Sandwiches

Ingredients:

- 8 slices white bread
- 1/2 cup Jif Crunchy Peanut Butter
- 4 3/4-ounce milk chocolate candy bars
- 1/4 cup butter or margarine, softened

Directions:

- Spread 4 slices of the bread with Jif.
- Place a chocolate bar atop each, breaking the bar into pieces to fit bread. Cover with remaining bread slices.
- Spread both sides of each sandwich with butter or margarine.
- Place on hot griddle, peanut butter side nearest heat.
- Grill till golden. Flip. Grill other side.
- Makes 4 sandwiches.

Fried Egg Sandwich

2 eggs
2 tablespoons oil
4 slices of toast
ketchup

Toast the bread and set aside. Fry eggs (kids make sure an adult supervises or does this for you). For quick and easy frying, turn eggs over "sunny side up." Slide eggs onto toast and cover with lots of ketchup.

Australian kids eat this quick and easy toast recipe for a typical Aussie kid breakfast. Try them and you'll see why.

Bahama Bagels

1/3 cup lowfat cream cheese
1 tablespoon chopped walnuts
1 tablespoon crushed pineapple
2 bagels, sliced in half

Mix cream cheese, pineapple, and nuts in small bowl. Spread on each half of the bagels. Serve.

Yogurt Parfait

16-oz. carton lemon or vanilla yogurt
1/4 cup Grape Nuts
1/4 cup fruit of your choice

Sprinkle Grape Nuts in the bottom of a dessert cup. Add a spoonful of yogurt. Add fruit and top with more yogurt. Sprinkle Grape Nuts on top.

See [Snacks for School-Age Children](#) for reference



ON OCT. 30, Grand Lake Head Start Busy Bees visited the pumpkin patch at Grant Christmas Tree Farm. We were able to tour the farm and pick out a pumpkin.



THE REST ROOMS and concession stand at South Cameron High School stadium are nearly complete. The school was destroyed by Hurricane Ike but will be rebuilt. (Photo by Cyndi Sellers.)

Indianapolis survivor will be speaker at Dry Creek

L. D. Cox, an U.S.S. Indianapolis survivor, from Comanche, Tex., will be the honored guest at the Veterans Day Celebration in Dry Creek on Sunday, Nov. 9. He will share with us the horrific account of the sinking of this ship in WWII. Former Naval man, L. D. Cox, served on the U.S.S. Indianapolis, known for its important top secret mission that led to the ending of WWII. It was a heavy cruiser, that was torpedoed by a Japanese submarine shortly after midnight on July 30,

1945. The duties of Seaman First Class Cox were either to steer the ship, to be on the telephone with the engine room, or to be lookout from his duty station which was the bridge of the ship. When the torpedoes struck, he had just started his midnight shift in the ship's bridge and was 81 feet from the waterline. They had taken on supplies in Guam and were headed to the Philippines for gunnery practice when the catastrophic event took

place. After being struck by the second torpedo, Cox helped the Captain into a lifejacket. The ship was sinking rapidly and the order was given to abandon ship. The ship was 610 feet long and it took only 12 minutes for it to sink. Cox didn't see any life rafts and swam to get away from the suction of a sinking ship. At first the blistering sun was endured, and then his buddies, many never seen again, became bait in shark infested water. After a couple of days without water or food, the remaining men began to hallucinate. After five nights and four days a pilot saw them and vessels finally came to their rescue.

New 4-H club to meet on Nov. 24th

The newly formed Cameron Parish 4-H SET (Science, Engineering, and Technology) Club held its first monthly meeting on Oct. 30, at the 4-H office. Briley Richard and Ethan Nunez measured distance and diameter in a blood spatter activity that had them use skills related to science, math, and critical thinking. Over 15 members attended the meeting which focused on forensic science topics such as fingerprinting, blood evidence, and eyewitnesses. Cody Jouett, Devon Richard, and Mikalee Mooney, Cameron Parish 4-H Jr. Leaders, led the group through the activities while adding a Halloween twist. The SET Club will meet next month on Monday, Nov. 24, at 9 a.m. at the 4-H office. For more information contact the Cameron Parish 4-H Office at 905-1318.



THE NEWLY FORMED Cameron Parish 4-H SET (Science, Engineering, and Technology) Club held its first monthly meeting on Oct. 30 at the 4-H office. Pictured are members, Briley Richard and Ethan Nunez measuring distance and diameter in a blood spatter activity that had them use skills related to science, math, and critical thinking.

Thank you VETERANS

Of the original 1,197 men on the U.S.S. Indianapolis, only 317 had survived. Master of Ceremonies from the Lake Charles KPLC Television will be John Bridges along with Britney Glaser. Skydivers will do precision landings along with USAF Flyovers. There will be vintage military displays as well as military static displays. Louisiana and Texas National Guard will be on hand for the event.

The Celebration will be held 12 noon-4 p.m. and is free to the public. Dedication Ceremony is at 1:30 p.m. There will be complimentary food and soft drinks. The public is invited to show support for our military at this patriotic event. The East Beauregard High School Football Stadium is located southeast of DeRidder, between Sugartown and Dry Creek at 5364 Highway 113, accessed by Highways 26 or Highway 394. For more information call 337-348-6798.



AMY NYBERG, left, with Cameron State Bank, presents Sabrah Kingham, right, a basket of spa indulgences from Spa du Lac. Kingham was the October winner in Cameron State Bank's Great Escape Spa Giveaway. The gift is valued at \$1,000 and includes an overnight stay at L'Auberge du Lac. The giveaway continues with another spa package to be given away in November; then the Grand Prize will be drawn in December for a seven-night stay for two at Lake Austin Spa Resort, valued at over \$12,000. Registration slips are available at all Cameron State Bank locations.



Remember Those Who Have Served

Great Escape Spa GIVEAWAY

Catch Up On Some Cozy Time

Chase away the chills with *Healing Heat*, the November spa giveaway from Cameron State Bank. Our Great Escape Spa Getaway continues with warm and wonderful indulgences at Spa du Lac. Register today at any Cameron State Bank location. With our friendly staff, convenient banking locations and trusted financial experts, you'll feel the stress melt away every time you step inside. While you're here, ask about our Simply Free Checking, it's one more way to help you stress less.

NOVEMBER SPA PACKAGE:

Healing Heat

This comforting indulgence includes:

- Bayou Rock Massage
- Organic Facial
- Deluxe Hair Conditioning
- along with a one-night stay in a deluxe room at L'Auberge du Lac and several other luxurious amenities.

Drawing is November 20

Registering for our monthly giveaways also registers you for the fabulous Grand Prize in December:



an all-expense paid, seven-night stay for two at Lake Austin Spa Resort in Austin, TX



spa du lac

STRESS *Less* at



CAMERON STATE BANK
MEMBER FDIC