



MEMBERS OF the Calcasieu Marine Division and the La. Wildlife and Fisheries assisted the Cameron Parish Sheriff's office in the investigation of the finding of the body of a Texas man on the Rockefeller Refuge on June 18. These were some of the officers who assisted in a diving effort to locate evidence.



THE SHRINE of Our Lady Star of the Sea in Cameron was erected in 1963 in the aftermath of Hurricanes Audrey and Carla. The inscription commands "Do Not Harm My Children." It was blessed on Oct. 6, 1963 by Most Rev. Maurice Schexnayder and Rev. Eugene Senneville, pastor. (Photo by Cyndi Sellers.)



Penelope Richard

Richard candidate for judge

Penelope (Quinn) Richard, a lifetime resident of Cameron Parish, has announced that she intends to seek the judgeship for the 38th Judicial District Court.

She received her Juris Doctorate from Southern University Law Center in May of 1998, graduating first in her class. While attending law school, she was a member of the Honor Code Committee, served as Vice President of Women in Law, was chosen as a member of Who's Who in American Law Students, and was named to the National Dean's List. She was also a Research Assistant, editing the book, *Louisiana Evidence*.

Mrs. Richard was admitted to the Louisiana State Bar Association in October 1998. She clerked for one year under the H. Ward Fontenot, District Judge for Cameron Parish. She then established her law practice in Cameron, handling a variety of cases in family law, criminal law, personal injury and real estate. She has served as the Cameron Parish Public Defender since November 1999.

She has been a member of the Cameron Lion's Club where she serves as the Secretary, Sight Chairman, and is a committee member for the Cameron Saltwater Fishing Festival. She also serves on the Board of Directors for the Louisiana Fur and Wildlife Festival.

She has been married to Darren Richard for 21 years and they have two children, Devon, 16 and Brayden, 6.

For the record

The rocking chairs presented to Father Roland Vaughn at the recent going away party held at St. Peter's Catholic Church in Hackberry were donated by Mike and Tammy Welch, Gordie and Betty Hicks, Raymond and Dana Hicks and Ernie and Mae Doris Little.



LEXIE LEBOEUF of Creole has been selected as a Blue/Gold Peer Leader scholarship recipient for the 2008-09 academic year at McNeese State University. She will receive a scholarship valued at \$1,600 based on exemplary leadership qualities, campus involvement, and academic excellence. Peer leaders assist with the freshmen orientation program and provide help to other campus organizations and service projects when needed.

Body of murdered Texan is found at Grand Chenier site

By CYNDI SELLERS

The discovery last week of a body floating in St. Joseph's Harbor, next to Highway 82 on Rockefeller Refuge in Grand Chenier, shocked local residents and set the Cameron Parish Sheriff's Office into action. The body of a white male was found by two fishermen around 7:30 a.m. on Wednesday, June 18. It was reported to refuge authorities, who contacted the Sheriff's Office.

Cameron Parish Coroner Dr. Richard Sanders had the body taken to the Calcasieu Coroner's Office for autopsy. Sheriff Theos Duhon said that the deceased died of a gunshot wound to the back. Medical information found on the body was traced, leading to a probable identification of the man as Kenneth James McMillion, age 53, of Sherman, Tex., located an hour northwest of Dallas.

Identification was confirmed at 5:30 p.m. on Thursday, June 19, by a fingerprint which matched private employee records,

obtained with the help of the FBI. McMillion had been reported missing on Monday, June 16, by a co-worker who was concerned when he didn't show up for work.

On Wednesday, the Grayson County, Tex., Sheriff's Office placed his name on the NCIC national registry around the time his body was found. McMillion's car was found in Dallas. It is believed that he was killed elsewhere and transported to Cameron Parish.

The Grayson County Sheriff's Office has already made an arrest in the case, Harrauld Ray Ballard, 60, also of Sherman, Tex. Ballard is believed to have known McMillion through a third party.

Investigators Chris Savoie and Randy Hunt are in charge of the case locally, and would like to find out whether Ballard had any connections with this area. The Sheriff's Office has continued to search for evidence in the area where McMillion was found, using magnets, side-scan sonar, and divers.

The area remains closed to fishing and crabbing at this time. Grayson County officials are also continuing their investigation. It is not known at this time if there were others involved with the murder or transportation of the body, and a motive for the crime has not been released.

2 parishwide elections on Oct. ballot

Two parishwide offices and 12 ward offices will be filled in the Oct. 4 election in Cameron Parish.

A new district judge will be elected as Ward Fontenot has announced that he is retiring after 30 years on the bench. One Cameron Parish attorney, Penelope Richard, announced this week that she will run for this office which has a six-year term.

The district attorney office is also on the ballot. Cecil R. Sanner, who was first elected to this office six years ago, has announced that he will seek re-election to another six year term.

The justices of the peace and constable seats are also on the ballot for all six wards in the parish. There could be changes in some wards due to displacements caused by Hurricane Rita.

Qualifying for all of these positions will be in the Clerk of Court's office on Wednesday and Thursday, July 9 and 10 from 8 a.m. to 4:30 p.m. and on Friday, July 11 from 8 a.m. to 5 p.m.

Clerk of Court Carl Broussard's office is located in the basement of the Cameron courthouse. Contact his office at 775-5316 for information on the qualifications and qualifying fees.

Early voting to begin for election

Early voting for the July 19 election will be at the Registrar of Voters office behind the courthouse.

This election is for Grand Lake, Sweetlake and Big Lake only (excluding the Gibbstown area which is in Rec 7).

Early voting has added another Saturday to the early voting days for the convenience of voters.

Early voting will occur from 8:30 a.m. to 4:30 p.m. starting Saturday July 5, and the week of Monday, July 7, through Saturday July 12. When you go vote you must have a picture ID with you.

Any person who feels they need assistance in voting due to a physical disability such as poor eyesight or other must get a physician's certificate confirming the need for assistance and submit it to the registrar prior to the election or give the certificate to the commissioners at the polls on Election Day.

Duhon thanked the Calcasieu Sheriff's Office for helping with the ballistics work and the Calcasieu Coroner for working so quickly to make an identification.

He said local residents have no reason to be fearful about this crime. Cameron Parish has been used as a dumping ground for out-of-state murder victims in the past, for example the torso found in Little Chenier several years ago. In all cases, the killers were found and convicted.

Sheriff, Clerk to be sworn in Monday

Clerk of Court Carl Broussard and Sheriff Theos Duhon, along with all Sheriff's deputies, will be sworn into office at noon on Monday, June 30, in the 38th Judicial District Court room.

Broussard and Duhon were re-elected last fall to their respective offices. Mona Kelley, who was elected Tax Assessor at the same time, will not take office until January 2009, in accordance with state law.

Two deputies graduate from academy

Two Cameron Parish Sheriff Deputies, Aller Granger and Walter Soileau Jr., graduated from the Calcasieu Parish Regional Law Enforcement Training Academy recently. They completed 320 hours of instruction and are now certified as basic peace officers.

The Highest Scholastic Average honor was awarded to Soileau.

Fifth Sunday singing told

A Fifth Sunday singing will be held at Sweetlake United Methodist Church on Sunday, June 29, at 6 p.m., with several churches participating. Singers and musicians are invited to perform, with each church encouraged to present two songs. Group singing music will be chosen by the congregation.

A love offering for FaithShare ministry will be taken, and refreshments will be served after the singing.

Audrey anniversary to be observed Friday

Our Lady Star of the Sea Catholic Church in Cameron will observe the 51st anniversary of Hurricane Audrey with special services on Friday, June 27.

Adoration and confessions will be at 5 p.m. followed by a Mass of Remembrance at 5:30 p.m.

At 6:15 p.m. there will be

prayers and launching of a memorial wreath into the Gulf at the Cameron Jetties.

Cameron Parish was devastated by Hurricane Audrey on June 27, 1957 and several hundred lives were lost in the storm. The day is a parish holiday and most of the parish will be closed.

Maritime enforcement exercise is held June 20

By CYNDI SELLERS

The Cameron Parish Sheriff's office joined the Coast Guard and other local law enforcement agencies in conducting a maritime law enforcement operation in Cameron Parish on Friday, June 20, in the vicinity of the Cameron Jetties, where the Calcasieu Ship Channel empties into the Gulf of Mexico.

During the 4-hour operation, over 60 personnel, 7 small boats, 1 patrol boat, and 6 K-9 drug/explosive units from various agencies worked together to board a total of 41 commercial tugs, offshore supply vessels, fishing vessels, and recreational boats.

The intent of the operation, according to a Coast Guard statement, was "to increase law enforcement and homeland security presence along Southwest Louisiana's major waterway, enhance maritime domain awareness, continue developing regional partnerships,

and investigate and prosecute any federal, state, or local violations discovered along a key portion of the nation's Maritime Transportation System." The operation resulted in 4 arrests, including 2 illegal immigrants, and a number of safety violations being identified.

All vessels moving through the operational zone during the operation were boarded to evaluate compliance with federal boating safety regulations and verify proper crew credentials. The Coast Guard says no vessel types were specifically targeted.

Participating agencies were the Cameron Parish Sheriff's Office, The Calcasieu Parish Sheriff's Office Marine Enforcement Division, the Coast Guard Auxiliary, Federal Bureau of Investigation, Office of the U. S. Attorney for the Western District of Louisiana,

Cont. on Page 3.



THE ENVIRONMENTAL Response Threat Resolution team of Mikalee Mooney and Molly Alexander of Cameron Parish are sporting the blue ribbons they received during awards night at 4-H University at LSU last week. Approximately 1,540 4-Hers from Louisiana's 64 parishes attend the annual event. Cameron Parish was represented by 45 Sr. 4-H members participating in over 20 curriculum areas. These members brought home 28 blue ribbons for their work during this year's competition.



THIS PHOTO of sunrise at Rutherford Beach in Cameron Parish was taken some years ago by the late Bill Turnbull, who photographed the beauty of parish scenes prior to Hurricane Rita.

Funerals



JEANINE JONES

Helen Jeanine Pipes Jones, 78, born on Sept. 8, 1929 in Trout, to Jay Hugh and Mary Elizabeth Whatley Pipes, died on Monday, June 23, 2008 at a local hospital. She was preceded in death by her parents.

Jeanine leaves to cherish her memory, her husband of 49 years, Jerry G. Jones, Sr. and her children, Deborah Alexander and husband Glenn of Big Lake, Jerry G. Jones, Jr. and wife Laurie of Grand Lake, and Lori Auerbach and husband Jon of New York City; grandchildren, Rachel, Dakota (Cody) and Gracie Jones, and Jacob Auerbach; sister, Mary Sue Peace of Ruston; and two devoted employees, Darlene Babineaux and Alvin Bellard.

Jeanine grew up on a farm in Trout and graduated as Salutatorian in her class at Good Pine High School. She graduated from Northwestern State College with a degree in Home Economics and received her Master's degree in education from Louisiana State University.

She began teaching Home Economics at LaGrange High School in 1955 and met the love of her life in 1958 while he was stationed at Chennault Air Force Base. They were married in 1959 then moved to Cameron in 1960, where he joined his brother in the practice of law.

She became active in her community of Cameron. She was a member of The March of Dimes, Order of the Eastern Star, Home Demonstration Club, Louisiana Fur and Wildlife Festival, and a charter member of the Southwest Louisiana Bar Auxiliary.

She was the ultimate mother. She was a Campfire Girls and Cub Scout leader, homeroom mom for all of her children. She carpooled her children weekly to Lake Charles for ballet and swimming classes.

In her later years, she and her daughter formed Alex Jones Fashions. She was a beautiful woman and exquisite dresser. She will be remembered for her quick wit and joie de vivre.

Jeanine was a life-long Christian and a member of St. Luke-Simpson United Methodist Church.

After retiring from Alex Jones, she took bridge lessons and enjoyed playing bridge at The Bridge Studio. She joined the Lake Charles Rose Society and grew beautiful roses and became an avid gardener. She and Jerry traveled extensively in Europe. Her favorite city was Paris. In her later life, she loved to spend time with her grandchildren and share in their activities.

The Jones family would like to thank the many compassionate care-givers who

helped her last years, the many clergy who visited and prayed for her; personal caregivers, Brenda White, Tony Manuel, and Jessica Matte; Drs., Edward Hebert, Gary Kohler, Richard Gilmore and Faye Shamiah; and ICU nurses, Debbie and Michelle at St. Patrick Hospital.

Her memorial service will be at 1 p.m. on Thursday, June 26, at St. Luke-Simpson United Methodist Church, 1500 Country Club Road, Lake Charles. Reverends Henry Bowdon, Karl Klaus and Monsignor Charles Dubois will officiate. Visitation will be at the church from 12 p.m. until the start of the service.

In lieu of flowers, donations in Jeanine's memory may be offered to Northwestern University Feinberg School of Medicine - Primary Progressive Aphasia Research, 710 North Lakeshore Drive, 9th Floor, Chicago, IL 60611.

Words of comfort to the family may be left at www.johnsonfuneralhome.net (Paid Memorial)

RICKY LEN WINTON

Funeral services for Ricky Len Winton, 50, of Hackberry were held Monday, June 23, in St. Peter the Apostle Catholic Church, Hackberry. Rev. Roland Vaughn officiated. Burial was in New Hackberry Cemetery under the direction of Robison Funeral Home of Sulphur.

Mr. Winton died Thursday, June 19, 2008 in Hackberry. He worked for Barge Transport for many years as a tankerman. He later graduated from Sowela and he worked at Players in maintenance. He was a member of St. Peter the Apostle Catholic Church in Hackberry where he sang in the choir and played the guitar.

He was preceded in death by his father, Alvie Lee "Bud" Winton.

Survivors include his mother, Nora "Jean" Winton of Hackberry; sister, Sabrina Broussard of Hackberry; brother, Don Douglas "Donnie" Winton, of Welsh.



THE 8 & UNDER All-Star Team, LC Knockouts, claimed the championship titles for the USSSA tournament in Scott three weekends ago, the ASA tournament in Lake Charles two weekends ago, and the PONY tournament in Mamou this past weekend. The four players who represent Cameron Parish are Maeleigh Conner, Kayla DeVall, Cassidy Conner, and Briley Richard. The other players who represent Calcasieu Parish are Brijé Williams, Keri Fowlkes, Emily Bergeron, Hayley Robinson, Ally Crooks, Emily Corman, Da'Laisha Thomas, Jada Fuselier, and Jireh Clayton. The coaches are Casey Corman, Dustin Bonette, and Melissa Minton. The team will compete in St. Amant, Lake Charles, and Slidell in the next few weekends.

Displaced? You can still vote

If you are registered in Cameron Parish and have been displaced as a result of Hurricane Rita, you are still eligible to vote in your home parish, (if you have not registered in another parish or state) according to Suzanne Sturles, Registrar of Voters.

The ways to vote are:

- 1) Absentee by mail ballot request.
- 2) Early voting (which will be done the week before the election)
- 3) In person at the polling place on day of Election.

For more information on how to check your current registration status, and find out what is needed for a ballot request, please contact the Registrar's Office at 775-5943.

It is very important that those who choose to vote by mail must send a written request for a ballot. This must be done in advance for time reasons and must be done starting now. Request will be stopped four days before the elections.

The mailing address is: Registrar of Voter's Office, P.O. Box 1, Cameron, LA 70631.

The 5th annual Cameron Saltwater Fishing Festival will be held Friday and Saturday, Aug. 8 and 9, at the Grand Chenier Park. The following is the schedule of events:

FRIDAY, AUG. 8

- 12:01 a.m. - Fishing rodeo begins.
- 6 a.m. - Redfish challenge begins.
- 12 p.m. - Weigh station opens
- 3 p.m. - Festival gates open; Food and craft booths open; 1st day Redfish challenge closes.
- 6 p.m. - Weigh station closes.
- 7:30 p.m. - Steel Shot performs.
- 12 a.m. - Grounds close

SATURDAY, AUG. 9

- 6 a.m. - Final day of Redfish challenge begins.
- 9 a.m. - Festival gates open.
- 10 a.m. - Food booths open; Festival Queen Pageant begins.
- 11 a.m. - Weigh station opens.
- 12 p.m. - Teardrops band performs.
- 3 p.m. - Redfish challenge ends.
- 3:30 p.m. - Static per-

forms. 5 p.m. - Weigh station closes.

6 p.m. - Recognize corporate sponsors; Festival queen presented; Presentation of fishing awards.

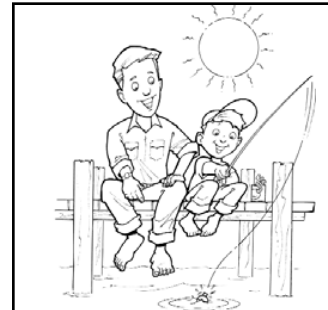
7:30 p.m. - Jamie Bergeron and Kickin Cajuns. 9 p.m. - Fireworks on the river presented by Mark Dodge.

9:30 - Jamie Bergeron and Kickin Cajuns band. 12 a.m. - Festival closes.

The Festival committee is looking for food, craft and specialty item booths for the 2008 Festival, Aug. 8 - 9.

All individuals, organizations, church groups, and non-profits are invited to participate.

For more information please contact Carl Broussard at 775-5316 or Penelope Richard at 775-8135.



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Election Commissioner courses set

Cameron Parish Clerk of Court, Carl Broussard, will be conducting General Courses of Instructions for anyone wishing to become certified to work as a Cameron Parish Election Commissioner.

These Courses are also for all Commissioners-in-Charge, Commissioners, and Alternate Commissioners who have previously been certified, but must be recertify under the Clerk's new term of office.

These courses will be held on the following dates, times and at the locations listed below:

Monday, July 7, Lowery Fire Station, Lowery, 6:30 p.m.

Tuesday, July 8, Hackberry Multipurpose, Hackberry, 6:30 p.m.

Wednesday, July 9, Cameron Courthouse Courtroom, Cameron, 6:30 p.m.

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Thank You,
We wish to thank all of our dear friends and family who attended the wonderful party in Grand Chenier given by our great children, Chris and Angie, Vince and Lori, Joey and Roni.
Also a special thanks to our grandchildren, Kristen, Corey, Lex, Haylee, Jody and Lany Girl and to our friend Romane for the great ride to the party.
To everyone who gave cards, food and gifts, we greatly appreciated it. Your presence there was all that we really needed.
Love to all of you.
Thanks Again,
Frank & Sue

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CLINT MILLER, Cameron Parish 4-H member, is shown collecting and testing samples of water from a marshy area in Cameron Parish. This activity was just one of many experienced by participants of this year's Cal-Cam Marsh Maneuvers Camp. The group of nine 4-Hers, 3 from Cameron Parish, collected water samples from fresh water, brackish, and salt water marshes to compare ph, dissolved oxygen level, and clarity.

4-H Marsh Maneuvers held in Grand Chenier

By **RUBY MILLER**

4-H Cal-Cam Marsh Maneuvers Camp was held June 3-5, at Rockefeller Refuge in Grand Chenier, providing 4-Hers hands-on, up-close, and in-depth opportunities for learning about the ecology of the marsh.

While at Marsh Maneuvers 4-Hers had the opportunity to learn more about Cameron Parish's marsh and wetlands management systems as well as current events affecting the loss of this treasured habitat. Hands-on activities, such as water quality testing

and crabbing and fishing, made this event a "fun while you learn" experience.

The three day camp also included tours of Cameron Prairie National Wildlife Refuge, the Indian Mounds in Little Chenier, Rutherford Beach, and Rockefeller Refuge. One of the highlights was an airboat ride across the marsh to the beach, where the group was able to see first hand how the Louisiana coast and Rockefeller has experienced serious marsh loss and the effect of those losses on productivity and other functions.

Marsh planting continues Thursday, June 26

Cameron Parish is one of the foremost areas of marsh deterioration in Louisiana. To help combat this problem, research is being conducted on the effectiveness of terraces (long mounds of soil and sediment used to build up land) on marsh regeneration. The America's Wetland Conservation Corps (AWCC) will be planting a variety of marsh grass along terraces to help fight coastal erosion and to study which plants provide the most stable root mass to hold sediment.

Terrace planting restoration began Wednesday, June 25 and continues Thursday, June 26. Volunteers are welcome. Work will be done at the Miami Corporation Terraces in Cameron Parish.

Volunteers will be divided

into teams for various jobs and then caravan to the site. Transportation to the site includes a boat ride to get out to the terraces.

Drinks will be available. Depending on the number of volunteers, lunch may be provided; but plan on bringing a sack lunch or money for meals, transportation, and lodging if needed.

Items to bring: clothes that can get dirty, old tennis shoes or boots, sunscreen, bug spray, and hat. Keep in mind that it can get very hot and very sunny at this location, and will require hard work; so come prepared!

To sign up to participate or for information please e-mail Lindsay Bordelon at LBordelon@agcenter.lsu.edu or call at 985-707-6058.



THE CAMERON BRANCH Library hold a Kids Fun Day each Wednesday from 10 a.m. - 5 p.m. with children's programs including games, picnic, arts and crafts, story time and performers. The library has an ongoing Summer Reading Program that includes prizes for reading books checked out at the library. Shown above are a few of the children who attended the arts and craft time at the library (front row, from left) Braydon Guillory, Laura Trahan; (back row) Erin Hill, Jerika LaSalle, and Meike Nunez. The Library offers many programs for children each week that include Wii console games and computer/internet programs for older youth as well. For more information call 775-5421.

MFP increases to \$6.7 million for Cameron Parish schools

By **HEATHER REGAN WHITE**
(American Press)

The \$90 million increase in Minimum Funding Program money for the 2008-09 school year continues annual increases in funding across the board for Southwest Louisiana school districts.

Cameron's Minimum Funding Program income increased this school year by about \$960,000, to \$6.70 million.

The program provided \$6.86 million to Cameron schools in 2006-07, a higher total amount than the last two years. Cameron will receive \$9,511 per pupil, up \$812 per student from last year and \$866 per pupil

more than 2006-07.

Superintendent Stephanie Rodrigue said without the annual 2.75 percent MFP increase, her district - a severe-hurricane-impacted system - would have experienced some fiscal challenges.

Rodrigue said enrollment has stayed 22 percent lower than pre-Hurricane Rita enrollment for the last year and a half.

"With the increased MFP, we'll be able to continue with the programs we have and also we'll be able to pay for those programs that the state requires but doesn't fund," she said.

Even if you are on the right track, you'll get run over if you just sit there. ~ Will Rogers



JOEY GASPARD of Maurice and Emily Clark of Grand Chenier announce the engagement and forthcoming marriage of their daughter, Chelsie Marie Gaspard, to Jason Nathaniel Skero, son of Mr. & Mrs. Thomas Skero of Westlake. The wedding is set for Saturday, July 12 at 6 p.m. at the home of Jennings and Emily Clark at 186 East Lane in Grand Chenier. A reception will immediately follow. Through this means, friends and relatives are invited to attend.

Grand Chenier Library schedule

Be a Star at the Grand Chenier Library for the summer reading program. Come join in the fun. The schedule of events for the coming week is:

"Crossword Daze" 10 a.m., daily.

Thursday, June 26 - Kids Fun Day Nintendo Wii Games and Karaoke 1-3 p.m.

Friday June 27 - Closed in observance of Audrey Memorial Day.

Monday, June 30 - Summer Fun at Your Local Library Book Reading: Exploring a New World 1-2 p.m.

Tuesday, July 1 - "Fitness Program" Elmocize for Children 1 p.m. Low impact walking program 2-3 p.m.

Wednesday, July 2 - Reach for the Stars Arts and Crafts 2-3 p.m.

Thursday, July 3 - Kids Fun Day, Web Searching and Research 1-3 p.m.

Friday, July 4 - Closed in observance of Independence Day

Please call 538-2214 for more information about our weekly programs.

MyStart! Online, available at heart.org/start, is a free tool developed by the American Heart Association to help people make positive changes through walking and by improving their eating habits.

To laugh often and much; to win the respect of intelligent people and the affection of children... to leave the world a better place... to know even one life has breathed easier because you have lived. This is to have succeeded.
~ Ralph Waldo Emerson

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Dupont elected to board of Soil and Conservation

Jim Paul Dupont of Cameron Parish has been elected to a three-year term on the Gulf Coast Soil and Water Conservation District Board of Supervisors. Mr. Dupont is one of the five-governing members on the Board of Supervisors to administer the affairs of a Soil and Water Conservation District (SWCD).

Board members are public officials who represent the people within their district. Three members of the board are elected and two are appointed members. Each supervisor serves a three-year staggered term, which for elected members begins the first day of July following the election.

Appointed member terms begin upon their appointment to the district board. The district holds regular and special meetings to determine community needs for conservation and resource development, and to plan and organize conservation efforts. Board meetings are open to the public.

The SWCD prepare annual and long plans outlining strategies for board members to put into action to ensure that all natural resource concerns of the district will be managed effectively.

The SWCD maintains a cooperative partnership with the United States Department of Agriculture - Natural Resources Conservation Service (NRCS) to provide quality assistance to all customers.

Assistance from the SWCD is available to individual landowners/users, groups, cities, and towns regarding conservation of soil and water resources. All assistance is available on a non-discriminatory basis.

For more information on the Gulf Coast SWCD call 436-5020 Ext. 3. The office is located at 1400 Highway 14, Lake Charles.

For more information on Louisiana SWCD visit the Louisiana Department of Agriculture and Forestry web site at www.ldaf.state.la.us.



PICTURED ARE THREE members of the Cameron Parish 4-H club who attended this year's Marsh Maneuver's Camp held recently at Rockefeller Refuge. Keithen Nunez, Clint Miller, and Gaylin Trahan attended the event along with other 4-Hers from Calcasieu Parish.

Taylor receives La. 4-H Foundation Scholarship

Winners of 4-H scholarships were among those honored during ceremonies at the LSU AgCenter's 4-H University July 17-20.

The young adults from across Louisiana were honored at an awards banquet Tuesday, July 17 and at an assembly Wednesday, July 18.

They were credited with excelling in project work and recordkeeping, serving as club officers or otherwise distinguishing themselves during their years in 4-H.

4-H University, known as 4-H U, for short, is an LSU AgCenter event that brings young people from across Louisiana to Baton Rouge for educational events, contests and other activities. The scholarship presentations were just part of the activities during the 94th annual event, which provides participants with opportunities to demonstrate their knowledge in 4-H project areas ranging from computer science to nutrition, as well as supplying a vast range of other educational opportunities and chances for fun.

"We salute this group of 2008 high school graduates who have excelled in 4-H project work, community service, leadership and academic work," said Eric Eskew, executive director of the Louisiana 4-H Foundation. "Even more, we're definitely happy that we can help them continue their education by providing these scholar-

ships."

Eskew and LSU AgCenter Vice Chancellor Paul Coreil said the 32 state scholarship recipients were picked from 115 entries in the Louisiana 4-H scholarship program and that they represent the "cream of the cream of the crop."

"We're pleased to honor these young people, but it's good to know how many more 4-Hers are out there who also have worked hard and deserve recognition. We extend our congratulations and best wishes to all of them, because they all are winners," Coreil said.

Some of the largest awards went to 18 4-H Club members who received named scholarships ranging from \$125 to \$1,000 through the Louisiana 4-H Foundation. Another 10 4-Hers were awarded \$300 scholarships to study on the LSU campus in Baton Rouge, and three others were recognized with American Legion, Syndney E. Wood and Bot Burch scholarships - to round out the state scholarship winners. In addition, 48 young people received \$100 parish scholarships from the 4-H Foundation.

In addition, Louisiana 4-H Foundation Parish Scholarships of \$100 each went to Sara Elizabeth Taylor, Cameron.

Blazin' Bikes are coming

The Blazin' Bikes Rally is changing to a new venue this year. The '08 rally will be staged from Isle of Capri Casino in Lake Charles on July 25 and 26. The event will kick-off with a "Welcome Reception" hosted by Isle of Capri for participants on Friday evening, 5-7 p.m.

The self-guided ride will begin Saturday morning and wind through the Creole Nature Trail All-American Road in Cameron Parish for a relaxing ride through the marshes' summer scenery; and also north through the piney woods of Calcasieu Parish with a visit to the DeQuincy Railroad Museum. Approximately 10 stops will be designated along the route as Bingo Sponsors. The ride will end back at the Isle of Capri Casino.

Proceeds from the event will benefit Southwest Louisiana Autism Society. For more information contact event co-chairmen, Mitch O'Neal at 912-5750 or Lattie Polk at 912-8746.



Cameron Outdoors

By LOSTON MCEVERS



THE OLD TIMES

A few years ago, Phil Broussard had a TV show, consisting a lot on our Big Burn Marsh and the Calcasieu River and other areas. Now, Phil and his son Kevin are Redfish Pro-anglers. They have won some on the Redfish Trail and placed second, close to the first place team in the Redfish Cup at Port Arthur, Texas.

Cajun Phil and Kevin took home \$23,500 winnings. Area Big Lake Angler and guide Captain Eric Rice and his partner Larry Puckett took sixth place, winning \$8,000.

I remember making a film with Cajun Phil, including Fats Dupont, Charlie Pettefer and myself in one boat and Cajun Phil, Fredman Theriot and Phillip Trosclair in another boat.

We fished the Big Burn, launching at the Gibbstown Bridge on a cold day in January, fishing was great, and at that time you could catch 15 bass per angler, so we could bring in 90 bass. We ended up with 84 bass, although we caught and released many more.

This was when it was hay day in the Big Burns, Burt Vincent and Dalesant Broussard were trappers and always had a rod and reel in their mudboat. It only took the Devil Horse (topwater) to catch a limit or fish a cut with a beetle spin, after work like my son Rudy, Poo Landry and Tommy Savoie used to do and catch your limit before dark.

GIBBSTOWN TOURNAMENT

Ricky and Hunter Canik, father and son team, won the Gibbstown afternoon tournament last week, posting a 10.50 bass stringer and also took the largest bass money, weight at 3.29 pounds. Darren Richards and Jeb Linscombe took second with a weight of 8.32, while Cody Benton and Martin Greenwald weighed in 4.06 pounds for third place.

HAYES TOURNAMENT

Heath Nunez and Harris O'Blanc took first place in last week's afternoon contest, weighing in a stringer of 6.61 pounds. David Sanford and Beau Robertson second place stringer weighed in at 5.09 and third place went to Brett Baccigalopi and Chance Baccigalopi with 5.36 pounds. They also had the largest bass at 3.86 pounds.

TALK AROUND

The Calcasieu River has recovered from Hurricane Rita and Bass fishing has been way better than even a few months ago. Terry Whaley of Lake Charles caught and weighed in a 7 pound, 26 inch bass on the north part of the Calcasieu River.

If your fishing Lacassine Refuge Pool, water is really low, so I'm told to be extra careful as you could get into trouble. Lots of our area marshes are lower because of the drought.

Winds have calmed down some and anglers fishing Big Lake are not gripping. Good catches of trout are being taken early. The CCA's top trouts now in the western division in the men's division is 7.50, women's division 7.30, all coming out of Big Lake. The top flounder is 7.60, again a Big Lake catch.

July VBS at Oak Grove Baptist

Oak Grove Baptist Church will host a Vacation Bible School Monday through Friday, July 14-18 from 5-8 p.m. Pre-K through 6th grade students are invited to attend. The theme is "DinoDetectives, Digging for God's Truth". There will also be music and crafts.

Pre-registration will be Saturday, June 28 from 11 a.m. to 1 p.m. Hot dogs will be served.

For more information call the church at 542-4731 or Jo Ann Nunez at 542-4527.

Grand Lake Library tells new memorial books

Memorial books donated to the Grand Lake library are listed below by honoree, donor and title.

Joann Wilson, Stevie, Holly and Addie Trosclair, Chef John Folse's Louisiana Sampler;

Paul DeRosier, Gail Mudd, American Wetland; Rupert Richardson, Gail Mudd and Family, Essential Crochet;

Claire Howard Baker, Gail Mudd, Saints & Angels; Lenard "Red" Little, Mary

Jo Canik, American's Horses; Ella Louise Booth, Earl, Michael and Clodia Booth, Taste Of Homes;

Lorene Pedigo Landry, Bill and Bobbie Darbonne, Values Of The Game;

Joyce Clayton, Bill and Bobbie Darbonne, A-Z Of Horse Behavior & Training;

Jeanette L. Theriot, Mary Jo Canik, All About Canning;

Mr. Fletcher Miller, Wayne and Suzanne Sturlese, The Nature Of Boats.

JUST A REMINDER. . .

"The Date Has Been Set"

The 2008 Cameron Saltwater Fishing Festival

Will Be Held Friday, August 8 & Saturday, August 9

At The Grand Chenier Park

Join Us For: FOOD, MUSIC, GAMES, CRAFTS & PAGEANT



You're Invited. . .

Grand Lake Community Church would like to invite you to worship with us Sunday mornings at 10:00 a.m. and Wednesday evenings at 6:30 p.m.

We are located at 205 Hebert Trailer Park Rd. (the red house with the red roof).

Children's Church is provided on Sunday morning from 10:00 a.m. until 11:00 a.m.

This is a Southern Baptist Mission from First Baptist Moss Bluff.

For more information please contact: Bro. Mike Paris at 438-2313

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The Cameron Pilot

203 Harrison St. • P. O. Box 995 • DeQuincy, La. 70633



Broussard questions recovery rulings

Dear Editor:

Now here comes the rest of the story. . . When Hurricane Rita hit Southwest Louisiana there was a lot of destruction throughout the area. And here came FEMA riding the big white stallion with mighty dollars to sweep everyone into a trance mode telling everyone this money and the good deeds were to be our salvation from the aftermath of Hurricane Rita. "We have lots and lots of money and can make you a more viral parish and help you protect your homes you want to rebuild and we can help you with monies that can do wonders for each of you". Yes, there were the believers, the takers and the ones who would sell their souls for that precious money.

Back in lower Cameron Parish were the diehards attempting to restore lives already torn apart and to some, two hurricanes within fifty years. Everyone attempting to return home, rebuild in earnest, applying for Building Permits, being granted Building Permits soon saw the headlines in the local newspaper as well as on TV and other news publications. Everything that had been done according to FEMA was in violation.

Over three-hundred (300) permits were deemed in violation by FEMA, who by the way had local as well as out-of-state FEMA employees that were down in lower Cameron Parish fairly regularly. Were they speechless to see the quickness residents of Cameron Parish wanted to return home, rebuild and get on with their way of life and didn't tell the Cameron Parish Police Jury

about the violations before one may have invested all or nearly all of their hard-earned money?

That leads to a question here. Did FEMA officials sit on the violations and allow many to spend their monies hoping that the citizens not having adequate monies to comply with FEMA's harsh and inhumane rules would be forced to move out?

Another question that comes to mind is why did FEMA direct our district attorney and Police Jury to come up with a sentence both in time and money for any violators that would be prosecuted by the D.A.'s office?

Last count, I heard the fine was \$500 and or 30 days in jail. And lastly, why hasn't FEMA or the Cameron Parish Police Jury directed registered letters to the violators (like they did two years or so ago for the portable buildings) advising them of their being in violation?

We all know the answers to these questions and it can be summed up like this. "Put pressure and scare tactics on the people of Cameron Parish and they will get scared and will comply". I can't see anymore where poor people, including myself can muster enough money to comply with FEMA's demands.

I was given a building permit by the Cameron Parish Police Jury because I met the requirements like everyone else. The good ole Cameron Parish Police Jury in April, 2006 gave themselves a blanket variance which allowed them to roll in their mobile offices in Cameron, set them up on the ground and now allowed the Police Jury to rule with

Sheriff's arrests

The following arrests were made by the Cameron Parish Sheriff's Dept. June 17-24:

Justo Rodriguez, 39, Illegal Alien.

Lee Allen Viator Greene, 27, 155 Delta Harden Lane, Hackberry, Probation Violation, Possession of a Legend Drug.

Jose Omar Duarte, 31, Port Arthur, Tex., Illegal Alien.

Kenneth J. Sias, 48, 142 Saw St., Lake Charles, Probation Violation.

Lesman Ramos, 35, Illegal Alien.

Albert Mixx, 30, Conroe, Tex., Fugitive Warrant.

Tony Robert Deshotels, 28, 369A Marshall St., Cameron, Theft.

Lisa Kingrey, 41, 1749 Little Chenier, Creole, Bench Warrant, Issue Worthless Checks.

Clifton Francis Sponage Jr., 39, 141 S. Abraham St., Cameron, D.W.I.

Timothy Max Wine, 43, Spring, Tex., D.W.I., Careless Operation.

Shawn Stephen Calhoun, 28, 9942 Broussard Rd., Bell City, Unauthorized Use of an Access Card.

Benjamin Paul Duhon, 28, 1404 Hwy 384, Lake Charles, Unauthorized Use of an Access Card.

Ellis R. Slocum, 30, Eunice, Bench Warrant.

Aaron Paul Pinch, 30, 464 E. Creole Hwy., Creole, Simple Criminal Property Damage.

Jason Paul Sturlese, 26, 141 E. Mallard Rd., Cameron, Bench Warrant.

threats of disconnecting our electricity, bringing us to court, fine or jail us if we are found guilty of not being able to comply with harsh and inhumane rules set forth by some outsiders who don't have any regard for one's financial or medical or other situation that simply won't allow Cameron Parish citizens to return home, live in the land of the free and home of the brave. Did I say, "home of the brave"?

Well now, am I being a little too ridiculous with that reference? A brave person will stand up to the cause and won't be afraid to represent the voters that he/she was elected to do and surely, a brave person won't be afraid to stand alone if need be to invoke a "cause of action" against anyone from the outside that comes within the inside to destroy what was, is and forever good to Cameron Parish residents.

FEMA says it wants 100% compliance elevations/other codes, no variances be issued (that's a joke). If I would be Ms. Sandra Cox, I would hire the best Civil Rights Lawyer and take issue with what was openly told to her in a Police Jury meeting in 2007.

Word was given to me that the Police Jury may vote 5/2 to accept the flood maps now proposed by FEMA. Folks if that happens, there might just be a congestion at the Creole red light with people leaving from Cameron, Creole, Oak Grove and Grand Chenier if people just sit down and do nothing. That's when we RECALL every public official who has little or no regards for the citizens of Cameron Parish and this will happen in other parishes of Louisiana also.

Look at the great State of Texas. They have done nothing in nearly three years concerning building codes and I don't blame those great people. Their representatives just don't sell out on Texans. The Cajuns of this great State of Louisiana will have to take the situation in their own hands. Oh yeah, Good



THE BODY OF a Texas man was found at this site, St. Joseph's Harbor on Rockefeller Refuge, on Wednesday, June 18. Since then the waters have been searched for evidence using magnets, sonar, and divers. The site, adjacent to Hwy. 82, remains closed to crabbing and fishing. (Photo by Cyndi Sellers.)

Ole FEMA will probably call on the Governor of Louisiana to send the National Guard to Cameron Parish and get its little over 7000 citizens unrooted or haul them off to federal prison. Over three-hundred-sixty million people in the United States, I believe will help the wonderful people of Cameron Parish chose to live in a land that was theirs, handle their shrinking bank account, live their customs. Now you see how it was to be an Indian.

There is much more I would like to share but due to reasons beyond my control, I must refrain from disclosing other facts that others may have done that may not be deemed appropriate.

Oh yes, South Cameron High School. I have no problem with the variance. But do not refuse others a variance. Their needs may be as important or more important than the variance for the school issued by the

Cameron Parish Police Jury. In closing I was informed by a police jurymen that FEMA is about to give us a greater blow concerning new rules and regulations about the 500 year storm. Just think of all your investments you made now.

Will you or your house or mobile home be around 500 years from now. These officials and our own officials are living in la-la land if they think I am going to hang around to see what my mobile home looks like in 500 years?

And do each of you realize the actual cost each of us will pay for something 500 years down the road? These people who sit around all day in the offices dreaming up schemes like this and then going out at night bragging how good they came up with a plan today that would be better than God's plan.

Well, that seems like that is the kind of people we are

involved with. Trust in the Lord Thy God. His plan is not like FEMA or the Cameron Parish Police Jury's plan, that you can count on. And when those future police jurymen 500 years from now and look back on today June 25, I am sure they will be astonished because I don't think FEMA will be around either to see if their plans and demands worked? Do you?

/s/ Teddy Broussard

• NOTICE •

According to Carl Broussard, Cameron Parish Clerk of Court, Qualifying for the Saturday, October 4, 2008 Fall Open Primary Election will be on the following dates and times listed below, at the Cameron Parish Clerk of Court's Office, located in the basement of the Courthouse:

Wednesday, July 9th and Thursday, July 10th from 8:00 a.m. to 4:30 p.m. and
on Friday, July 11th from 8:00 to 5:00 p.m.

On the above dates persons seeking election to the below named Cameron Parish Offices can qualify to become a candidate:

DISTRICT JUDGE (38th Judicial District)
DISTRICT ATTORNEY (38th Judicial District)
JUSTICE OF THE PEACE (WARDS 1, 2, 3, 4, 5, & 6)
CONSTABLE (Justice of Peace Court, Wards 1, 2, 3, 4, 5, & 6)

Candidates seeking the above offices can contact the Clerk of Court's Office from 8:30 a.m. to 4:30 p.m. Monday through Friday at (337) 775-5316 for information on qualifications and qualifying fees.

RUN: June 19, 26, July 3 (J 42)

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HARBOR LIGHTS 620 Big Lake Rd.
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— NOTICE —

If you are registered in Cameron Parish and have been displaced as a result of Hurricane Rita, you are still eligible to vote in your home parish, (if you have not registered in another parish or state.)

There are three (3) ways:

- 1) Absentee by mail ballot request
- 2) Early voting (which will be done the week before the election)
- 3) In person at the polling place on day of Election

For more information on how to check your current registration status, and find out what is needed for a ballot request, please contact the Registrar's Office at 1-337-775-5943.

It is very important that those who choose to vote by mail must send a written request for a ballot. This must be done in advance for time reasons and must be done starting now. Request will be stopped 4 days before the elections (requirements of State law.)

Our mailing address is:

Registrar of Voters, P. O. Box 1, Cameron, LA 70631

Thank you,
Suzanne Sturlese, Registrar

RUN: June 26 & July 3 (J 58)

4th of July

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It Seems Just Like Yesterday

By KEITH HAMBRICK



Cameron Pilot June 26, 1975 BIG LAKE EXEMPT IN NEW NET BILL

Another chapter was written in Baton Rouge Monday in the continuing controversy over commercial fishing in Big Lake (Calcasieu Lake).

Rep. Conway LeBleu of Cameron exempted Cameron Parish when monofilament gill nets were outlawed by an amendment proposed by Rep. Chris Ullo of Marrero. The Ullo amendment outlawed the nets statewide south of the Intracoastal Canal.

Exemption of Cameron Parish means the nets would still be legal in the greater portion of Big Lake.

Commercial and sports fishermen have been at odds for months over the use of monofilament gill nets in Big Lake. Sports fishermen claim the nets are depleting the fish in the lake.

Rep. M. J. LaBorde of Sulphur opposed the LeBleu exemption, claiming commercial fishing in Big Lake is depleting the supply of trout and red fish.

LeBleu said he exempted Cameron Parish since sports and commercial fishermen had agreed to abide by the

results of a biological study of the fish population in Big Lake conducted by the Wildlife and Fisheries Commission.

SWEETLAKE HOMEMAKERS

Mrs. Charles W. Hebert hosted the June 16 meeting of Sweetlake Extension Homemakers Club. Miss Eileen Wittler, assistant home agent, was introduced to the group by Mrs. Albert Guidry, club president. Visitors at the meeting were Mrs. Jack Trahan, Mrs. Sandra LaBove, Pam Duhon, Suzanne Robicheaux and Jolene LaBove, Grand Lake Sr. 4-Hers; Sandra LaBove and Cherrie Eagleson, Grand Lake Jr. 4-Hers. All club officers were re-elected with the exception of second vice president. Mrs. Mervin Chession was elected to fill Mrs. Carolyn Gibbs place.

LEADERSHIP CONFERENCE

Cameron Parish 4-H Club members attended the Junior Leadership conference at LSU June 10-13. They are Denise McCall, Blayne Mayard, Vickie Nunez, all of Grand Chenier, and Terry Beard, Sweetlake.

Cheniers vital part of Cameron Parish

By GENEVA GRIFFITH
Cameron Pilot
June 26, 1975

The opening of the Creole Nature Trail on June 28, 1975, is expected to open up a new and different country to tourists from all over the United States.

One of the sights that will greet the visitors are the cheniers, which form the coastline from the Texas border to Vermilion Parish.

The cheniers are in reality former beaches that through the activities of nature have become isolated from the seas by strips of marsh.

"Chenier" is a word derived from the French "chene" meaning "oak", and the French "cheniere" is literally "oak grove."

The cheniers, rising out of the vast sea marsh which comprises most of Cameron Parish, rest slightly above the marsh level. These long, narrow, sandy ridges run slightly parallel to the coast.

Well-drained and fertile, they support naturally luxuriant vegetational cover in which evergreen oaks form a striking part.

On these sand ridges lives the bulk of the population of Cameron Parish.

The marsh land of Cameron Parish has been estimated to be 1,495 square miles and the estimated area of the cheniers is 50 square miles. The cheniers between Calcasieu Pass and the Vermilion River are the best known in Southwest Louisiana.

They are sparse in the eastern portion of the area, but very abundant in the vicinity of the Mermentau River, or the Oak Grove area.

They begin with the present beach ridges, which are separated only by Mermentau and by a few bayous connecting directly with the Gulf of Mexico.

On the beach the sand is ordinarily less than six feet thickness and lies as a veneer upon the marsh sediments.

Just within this ridge are several cheniers and the next series of cheniers, passing inland, is typified by Grand Chenier.

This series is the most impressive and continuous, beginning with Front Ridge at the Calcasieu River and extending east under the name of Oak Grove ridge, to the Mermentau River.

East of the Mermentau the ridge is called Grand Chenier and it extends to the point known as Tiger Island, in the Constance Bayou area, where it becomes a part of the marsh.

Pecan Island, in Vermilion Parish, forms the eastern chenier known as Long Island.

The Cheniers with their vast oak groves were reserved by Congress up until the 1830s as naval reserves.

Oak was the favorite building material of the naval architects of that day, and since it was only prudent to provide an ample supply of oak lumber for a growing navy, Congress reserved large tracts of oak-forested land for this purpose.

This bit of legislation was so generous in its application that any stand of live oaks from the Carolinas to the Sabine River was included, and naturally the cheniers, predominantly oaks in character, were excluded by law from the public domain and not open for settlement and for the time being the westward movement would bypass the cheniers.

Finding that it had set aside enough timber to build ten thousand ships, where only a few dozen were desired, Congress amended the act.

A fully adequate supply of suitable timber was found to exist along the Atlantic seaboard within easy reach of already established shipyards and building facilities.

The cheniers, now freed from restriction were now opened up for settlement.

Another act of legislation affected the settlement of the cheniers about this same time. Congress passed a law to pay off old army veterans of the War of 1812 with land grants to the formerly reserved naval lands.

Who did not wish to move westward sold their land to land speculators, who, in turn, sold to prospective land owners from the Atlantic.

In the 1830s and '40s a wave of migration from Virginia, North Carolina, Georgia, Alabama, Mississippi and Texas swept into Grand Chenier, mostly of Celtic and Saxon lineage.

Family members still occupy most of the land to this day.

The stately oaks that grow on the cheniers are revered by the inhabitants who feel that it is almost a moral sin to cut one down.

In order to save each one, roads are built to weave around them, instead of cutting straight through them to create a shorter and straighter route.

The trees are also credited with saving many lives during Hurricane Audrey in 1957. In many places, whole families took refuge there when the storm waters came in unexpectedly, completely inundating the land under as high as 10 and 12 feet of water.

Five hundred and twenty-nine parish residents lost their lives in that hurricane, but it would have been a

Diabetics should always be prepared for emergencies

(NAPSA) - During this year's hurricane and tornado season, Eli Lilly and Company, one of the world's leading manufacturers of insulin, suggests that individuals with diabetes or any other chronic illness should follow the guidelines below, no matter where you live:

- Medicine and supplies should be stored in a defined location to be easily gathered if you must quickly evacuate home or work.

- Keep cool packs in your freezer to keep medicine cool.
- Compile an easy-to-reach kit including:

- Medical supplies: syringes, cotton balls, tissues, swabs, blood glucose testing strips, blood glucose meter, lancing device and lancets, urine ketone testing strips, items for your therapy and blood sugar monitoring
- An empty hard plastic bottle to dispose of syringes and lancets
- Cooler for insulin
- Pen and notebook
- Glasses
- Copies of prescriptions, insurance cards, medical information and contact list, including caregiver's and physicians' names and phone numbers
- Physician's orders for your child's care on file at school and in your disaster kit
- Glucagon emergency kit and fast-acting carbohydrate

much greater number if the oaks had not been there.

They serve many other needs for land owners, their root systems holding the sandy soil in place and for shade for the vast herds of cattle that graze on the ridges.

The beautiful groves of oaks, having withstood the buffeting of centuries of hurricanes and having preserved the lives of inhabitants from winds and tidal waves, still stand as a monument to the protective power of the cheniers.

(glucose tablets, orange juice)

- Nonperishable food such as granola bars and water

- First-aid kit, flashlight, whistle, matches, candles, radio with batteries, work gloves

- Supplies for at least a week

- Something containing sugar in case you develop low blood sugar.

"No one can fully anticipate a natural disaster, but with preparation, people with diabetes can manage their disease," said Dr. Sherry Martin, medical advisor, Eli Lilly and Company. "Taking the time to prepare could make a huge difference in an emergency."

If disaster strikes, remember to:

- Maintain meal plan, keep hydrated.

- Monitor blood sugar and record numbers.

- Wear shoes and examine feet often. If a foot wound develops, seek medical attention immediately.

- If relocated, call your doctors as soon as possible to maintain the continuity of your medical care.

- Parents of children with diabetes should identify which school staff members will assist children in an emergency.

- If you are displaced, identify yourself immediately as a person with diabetes so authorities can provide medical care.

For more information, visit www.lilly.com.



There is only one way to happiness, and that is cease worrying about the things which are beyond the power of our will.

-Epictetus

How to read blood pressure measurement

Blood pressure is measured with two numbers: the top number represents the blood pressure as the heart contracts (systolic); the lower number represents the blood pressure between beats (diastolic). It is read as the first number over the second number.

Hypertension stages: systolic (top); diastolic (bottom)
Optimal blood pressure:

less than 120 mmHg; less than 80 mmHg

Prehypertension: 120 - 139 mmHg; 80 - 89 mmHg

Stage 1 hypertension: 140 - 159 mmHg; 90 - 99 mmHg

Stage 2 hypertension: 160 - 179 mmHg; 100 - 109 mmHg

Stage 3 hypertension: more than 180 mmHg; more than 110 mmHg.

JUST WONDERING AND PRAYING!

According to the American Press, Legislators argued for insurances concerning "storm deductibles by risk". In my 57 years in lower Cameron Parish, we have flooded twice. Anytime it rains more than 10 minutes in parts of Lake Charles, I have to remove my shoes and roll up my pants to get to my truck.

States and major cities have flooded along the Mississippi River several times in the last 15 years, yet, although we get no media attention, we are deliberately singled out to follow unaffordable "codes" so we cannot return home.

Gary Dimas

5th Annual Cameron Saltwater Fishing Festival

Grand Chenier Park

FRIDAY, AUGUST 8, 2008

- 12:01 AM - FISHING RODEO BEGINS
- 6:00 AM - REDFISH CHALLENGE BEGINS
- 12:00 NOON - WEIGH STATION OPENS
- 3:00 PM - FESTIVAL GATES OPEN
- FOOD & CRAFT BOOTHS OPEN
- 1ST DAY REDFISH CHALLENGE CLOSES
- 6:00 PM - WEIGH STATION CLOSES
- 7:30 PM - STEEL SHOT BAND PERFORMS
- 12:00 AM - GROUNDS CLOSE

SATURDAY, AUGUST 9, 2008

- 6:00 AM - FINAL DAY OF THE REDFISH CHALLENGE BEGINS
- 9:00 AM - FESTIVAL GATES OPEN
- 10:00 AM - FESTIVAL QUEEN PAGEANT BEGINS
- 10:00 AM - FOOD BOOTHS OPEN
- 11:00 AM - WEIGH STATION OPENS
- 12:00 NOON - TEARDROPS BAND PERFORMS
- 3:00 PM - REDFISH CHALLENGE ENDS
- 3:30 PM - STATIC PERFORMS
- 5:00 PM - WEIGH STATION CLOSES
- 6:30 PM - RECOGNIZE CORPORATE SPONSORS
- FESTIVAL QUEENS PRESENTED
- PRESENTATION OF FISHING AWARDS
- 7:30 PM - JAMIE BERGERON & KICKIN CAJUNS
- 9:00 PM - FIREWORKS ON THE RIVER
- PRESENTED BY MARK DODGE
- 9:30 PM - JAMIE BERGERON & KICKIN CAJUNS
- 12:00 AM - FESTIVAL CLOSES

ATTENTION! WE NEED DETECTIVES!

Join us for VBS

July 14-18 — 5-8 p.m.

PRE-K THRU 6TH GRADE

We need you to make plans to come join us and train to be DinoDetectives and dig for God's truth.

There will also be music and fun crafts.

Pre-registration Begins Saturday, June 28, 2008 - 11 a.m. - 1 p.m.
Come And Enjoy A Delicious Hot Dog With Us.

WE WOULD LOVE TO SEE YOU THERE!

Oak Grove Baptist Church
703 Oak Grove Highway • 337-542-4731

For more information, call Mrs. Jo Ann Nunez at 337-542-4527



ATTENTION POLITICAL CANDIDATES

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REAL ESTATE

CENTURY21 BESSETTE
 Realty, Inc., Office: 337-474-2185, Grace Robideaux, Realtor: 496-1611

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

• 10962 HWY 384: 3/2 Modular home w/additions on 17.5 + acres. Owner will look at all offers \$275,000

• 2321 MALLARD ST.- Holly Beach lot fronting Hwy 82 & Mallard \$68,900

• 169 GRANGER LANE: 4 acres w/shop pad, electricity, and mechanical system. \$64,000.

• 229 McCAIN: Acadian 4/2 in Grand Lake in restricted subdivision w/large upstairs game room \$219,000. 2/13tfc.

• 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.

GRAND LAKE: 173 Brian Circle, 4 Bedroom/ 2 Bath, 2015 Living, Hard Wood Floors, Custom Cabinets, Built-ins, 24x30 Shop, Restricted Subdivision, \$198,500. Phone: 802-5735. 6/26 -

UNDIVIDED INTEREST in land in Big Lake area (Big Pasture Rd.) Cow pens, barns & pasture area. On ridge. Ready for subdivision. Call Melissa Crador at (337) 274-8586. 6/25mc



REAL ESTATE

MOBILE HOME: 2006- 16 x 80 Indies Mobile, 3 bedroom, 2 bath, oak cabinets, island in kitchen, 2 walk in closets in master bedroom, please call 337-540-2262

FOR SALE

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

ATTENTION HUNTERS: It's time to get your feeders and blinds up. Check out the prices at McNeely's Wildlife Feeders 337-533-9100 \$99.99 40 gallon Tri-pod Feeder. Fiberglass blinds now in stock.

FOR SALE: 17' bass boat, aluminum with fiberglass bottom, with 50HP Nissan motor, 2 year old trailer. Shrimp boat - 17' All-weld aluminum hull with 50HP Tohatsu motor. Boat has 5 ft. bottom and 24' sides, with rails in front, & 2 year old trailer. Call Fredman Theriot at (337) 905-4435 (Sweetlake). Must sell due to illness. 6/18 - 7/2mc

ATTRACT ATTENTION: Need promotional items for trade shows, festivals, fairs, school events, etc. Call us, we can help! Rely on Wise Ideas Printing & Promotions to help you develop a customized program for your next event. Check out our website: www.bestwiseideas.com. Call Jeffra Wise DeViney for competitive quotes & sales catalogs. Phone: 912-5063.

NOTICE

Cameron Saltwater Fishing Festival has booth spaces available for food, craft and specialty items. Festival will be held Aug. 8 & 9. For more information contact Carl Brossard at (337) 775-5316 or Penelope Richard at (337) 775-8135. 6/18 & 6/25nc.

HELP WANTED

NOW HIRING: Cameron, LA - Secretary / Receptionist for Wilkerson Transportation. Call for appointment: (337) 775-5944. 6/25 - 7/2mc

POSITION SOON to be available at the Cameron Parish Health Unit, Office of Public Health in Cameron, LA as administrative Coordinator 3. Functions as administrative support personnel in the local health unit. Please see the Civil Service website at http://www.civilservice.la.gov to get an application to take the COAST test 7000 and 7001 series, to view the minimum qualifications, salary, and job specifications for this position. Click on Job Seekers, then how to apply. You may call Rena Dobbs at (337) 491-2801 if you need individual information. Equal Opportunity Employer. 6/25c



The Wizard says,
 "There's no place like USA.gov."
 USA.gov. Your official source for government info.
 1 (800) FED-INFO

HELP WANTED

TARGA RESOURCES: Natural gas processing facilities located in Johnson Bayou, Louisiana has open Instrument and Electrical Technician job position. Candidates must possess high school diploma or equivalent. Minimum of 2 years of Journeyman experience required. 60 minute commute to work site. Competitive benefit and compensation package. 40 hour work week with overtime, and call outs. Bonus program, good work environment. Apply at Monster.com or mail Resume' to: Stingray Gas Plant 5022, Gulf Beach Hwy. Cameron, La. 70631, Ph 337-569-2307 or email Lancey Buford at lbuford@targaresources.com 6/18 - 25p.

HELP WANTED: STC is accepting applications for positions in the Construction/Industry field. By appointment only. 337-583-2301. No walk-ins please. 6/25 - 7/17p.

THINK OF IT AS AN OWNER'S MANUAL FOR YOUR MONEY.



The free *Consumer Action Handbook*. In print and online at ConsumerAction.gov, it's the everyday guide to getting the most for your hard-earned money. For your free copy, order online at ConsumerAction.gov; write to Handbook, Pueblo, CO 81009; or call toll-free 1 (888) 8 PUEBLO.

Cinco de Mayo Chicken Enchiladas

- 1 1/2 lbs uncooked chicken breast, cut into strips and well-seasoned
- 1/2 onion chopped fine
- 1 can mild Rotel tomatoes
- 2 chicken bullion cubes, crushed with spoon
- 8 oz pkg cream cheese (or Neufchatel cheese) cut into strips
- 10 flour tortillas, soft taco size
- 10 oz can enchilada sauce
- 1 1/2 cups shredded cheese (cheddar or mixed)
- Chopped green chilies optional
- Cook chicken over med. high heat until slightly brown and cooked through. Add onion and cook covered one minute until soft. Add rotel and chicken bullion and cook over low heat for 3-5

minutes until bullion is dissolved. Add cream cheese and continue cooking until cheese is melted. Divide evenly among the 10 tortillas into 9 x 13 or 2 smaller pans. Pour enchilada sauce over top, sprinkle cheese and optional chilies. If freezing, wrap in foil and freeze now. If cooking, bake 20 - 22 minutes at 375o. To prepare the frozen enchiladas, remove from freezer and defrost in refrigerator overnight before baking. Leave in foil first ten minutes for moister enchiladas and increase cooking time to 25 - 28 minutes. You can substitute pre-cooked fajita chicken strips if you like this dish really spicy. Created by Linda Sonnier

ELECTION COMMISSIONERS WANTED

Any person wishing to become certified to work as an Election Commissioner for Cameron Parish Elections can do so by attending any one (1) of the below listed General Courses of Instructions and passing the written examination prepared by the Secretary of State.

- Monday, July 7, 2008: Lowery Fire Station, Lowery, La.....6:30 p.m.
- Tuesday, July 8, 2008: Hackberry Multipurpose Bldg., Hackberry, La..... 6:30 p.m.
- Wednesday, July 9, 2008: Cameron Courthouse Courtroom Cameron, La.6:30 p.m.

Election Commissioners working their first (1st) election will be compensated \$100.00 dollars. Election Commissioners who have previously worked more than one election will be compensated \$200.00 dollars per election.

Interested persons needing additional information can contact the Cameron Parish Clerk of Court's Office from 8:30 a.m. until 4:30 p.m., Monday through Friday.

RUN: June 26 & July 3 (J-65)

CAMERON PARISH SCHOOL BOARD 2008-2009 Current Openings and New Positions

For all positions listed, applicants should download the appropriate application from www.camsch.org; and schedule an interview with the contact person listed for the position in which the applicant is interested. The applicant must submit the completed application to the contact person at the time of the interview. Applicants interested in itinerant positions involving two schools must schedule interviews with and provide copies of application to both contact persons.

Cameron Parish Pupil Appraisal Center

Contact: John White, Director (337) 540-0405; School Psychologist (full or part-time position available)

Grand Lake High School (5 day week)

Contact: David Duhon, Principal (337) 598-4774 or 302-2763
 Teacher of the Visually Impaired; Non-Categorical Pre-School Handicapped; Mild/Moderate Special Education or Severe Profound; Head Boys Basketball Coach with Middle School Social Studies or Science; Special Education Teacher for Alternative Program with other teaching duties; Teacher Aide for Alternative Class with other Duties; Computer Lab Paraprofessional

Hackberry High School (4 day week)

Contact: Brenda Sanders, Principal (337) 762-2069 or 558-7175
 School Counselor; Adaptive Physical Education Itinerant (Hackberry High School and Johnson Bayou High Schools); Special Education Teacher for Alternative Program with other teaching duties; Teacher Aide for Alternative Class with other Duties

Johnson Bayou High School (4 day week)

Contact: Gene Reynolds, Principal (337) 569-2773 or 569-2168
 Pre-Kindergarten/Kindergarten Combination; Lower Elementary (2 positions); Adaptive Physical Education Itinerant (Johnson Bayou High School and Hackberry High Schools)

South Cameron High School (4 day week)

Contact: Carol Wainwright, Principal (337) 802-0973 or 538-2179
 Sweeper; Lower Elementary (2 to be hired); Mild/Moderate Special Education

Deadline for all applications is Thursday, July 10, 2008 at 12:00 Noon

Available positions will continually be updated at www.camsch.org. Appointments will be approved at monthly meetings of the Cameron Parish School Board.

Run: June 26 and July 3 (J 66)

— NOTICE —

A request for an **Absentee by mail ballot** may be applied to the following persons:

- 1) members of the United States Armed Service or a spouse or dependent;
- 2) students, instructors, or professors in an institution of higher learning located outside of their parish of registration, and live outside of their parish, or spouses or dependents accompanying and residing therewith;
- 3) ministers, priests, rabbis, or other members of the clergy assigned to a religious post outside of their parish of registration, or spouses or dependents accompanying and residing therewith;
- 4) those who are or expect to be temporarily outside the territorial limits of the state or outside of their parish of registration during the early voting period **and** on election day;
- 5) those who have moved their residences to another parish more than 100 miles from the parish seat of their former residence after voter registration books have closed;
- 6) those who are involuntarily confined in an institution for mental treatment outside of their registration parish and who are not interdicted and not judicially declared incompetent;
- 7) those who are residing outside the United States;
- 8) those who expect to be hospitalized on election day and either were hospitalized and expect to be hospitalized during the early voting period, or did not learn that they would be hospitalized until after the early voting period expired, or were hospitalized and released but restricted to bed by their physician during the early voting period and on election day;
- 9) those who expect to be out of their precinct upon the waters of the state both during the early voting period and on election day because of their employment or occupation (e.g., working offshore);
- 10) those who are approved for the Special Handicap Program and are living at home, not in a nursing home;
- 11) those who are incarcerated in an institution inside or outside their parish of registration and are not under an order of imprisonment for conviction of a felony;
- 12) those who are 65 years of age or older; or
- 13) those who have a mobility impaired identification card issued by the office of motor vehicles (include a copy of mobility impaired i.d. card with your application.)

For more information please contact the Registrar's Office a 1-337-775-5943. It is very important that those who choose to vote by mail must send a written request for a ballot. This must be done in advance for time reasons and must be done starting now. Request will be stopped 4 days before the elections (requirements of State law.) Our mailing address is: Registrar of Voters Office, P. O. Box 1, Cameron, LA 70631 Thank you,
 Suzanne Sturlese, Registrar

RUN: June 26 & July 3 (J 59)

SPECIAL!



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The Cameron Pilot

Call or come by now and make someone's day!
786-8004 or Toll Free: 1-800-256-7323

Cameron Parish School Board School Food Services School Year 2008-2009 Bid Schedule

| Bid Type | Mail Bids | Bid Award (11:00 a.m.) unless stated otherwise | Bid Period |
|---------------|-------------------|--|-----------------------------|
| Supplies | February 15, 2008 | May 14, 2008 | August, 2008 – May 31, 2009 |
| Bread | May 11, 2008 | June 9, 2008 | August – September, 2008 |
| Milk | May 11, 2008 | June 9, 2008 | August – December, 2008 |
| Canned/Frozen | May 11, 2008 | June 23, 2008 | August – December, 2008 |
| Meat | May 11, 2008 | June 23, 2008 | August, 2008 – May 31, 2009 |
| Support Foods | May 11, 2008 | June 23, 2008 | August, 2008 – May 31, 2009 |
| Meats | August 1, 2008 | September 3, 2008 | October – November, 2008 |
| Meats | October 1, 2008 | November 5, 2008 | Dec 2008 – Jan 2009 |
| Canned/Frozen | October 31, 2008 | December 3, 2008 | January – May 31, 2009 |
| Support Foods | October 31, 2008 | December 3, 2008 | January – May 31, 2009 |
| Meats | December 1, 2008 | January 7, 2009 | February – March, 2009 |
| Meats | February 2, 2009 | March 4, 2009 | April – May 31, 2009 |

Run: June 19, 26 (J 31)

LEGAL NOTICES

Cont. from Page 8.

motion. The motion was carried unanimously.

9. B. Gibbs stated the state auditor will be here next week. An audit will be performed for year 2007.

10. V. Sellers presented to the board a list of office supplies needed to perform a job. B. Gibbs made a motion to approve the request and A. Seay seconded the motion. The request was carried unanimously.

11. The board received a letter of appreciation for Reuben LaBove from the Cameron Parish Police Jury. A cover letter expressing the boards sincere appreciation on a job well done will also be sent.

12. The next board meeting is scheduled for June 19, 2008 at 6:00 p.m. at the Permit Office.

With no further business presented before the board, the meeting was adjourned. Minutes prepared and submitted by Veronica Sellers, Secretary/Treasurer.

/s/ Byron Gibbs
BYRON GIBBS
President

/s/ Veronica Sellers
VERONICA SELLERS
Secretary/Treasurer
Run: June 26 (J 57)

PROCEEDINGS
JOHNSON BAYOU
RECREATION DISTRICT OF
CAMERON PARISH
SPECIAL BUSINESS MEETING, TUESDAY MARCH 4, 2008
The Johnson Bayou Recreation District of Cameron Parish met on Tuesday March 4, 2008 at 4:30 p.m. The meeting was held at the Temporary trailer at the Johnson Bayou Recreation Center in Johnson Bayou, LA.

Members present: Mrs. Khristy Trahan, Mrs. Heather Trahan and Mr. Greg Trahan.

Absent: Mr. Shannon Trahan and Christine Storm

Guest: Christen Trahan.

Mr. Greg Trahan called the meeting to order at 4:37 p.m.

The purpose of the meeting was to Discuss and Accept Change order #1 for Community Center Project.

A motion was made by Mrs. Heather Trahan seconded by Mrs. Khristy Trahan and carried to dismiss the reading of the minutes until next regular meeting.

A motion was made by Mrs. Heather Trahan seconded by Mrs. Khristy Trahan and carried to dismiss the review and paying of bills until next regular meeting.

A motion was made by Mrs. Heather Trahan seconded by Mrs. Khristy Trahan and carried to dismiss the review of the financial statements until the next regular meeting.

After a detailed discussion about the Community Center project;

A motion was made by Mrs. Khristy Trahan seconded by Mrs. Heather Trahan and carried to accept a 46 day extension to the contract between Priola Construction and the Johnson Bayou Recreation District.

This 46 day extension is exactly half of the 92 days Priola was requesting which ends with a completion date no later than May 8, 2008.

There being no further business to discuss on a motion by Mrs. Heather Trahan seconded by Mrs. Khristy Trahan and carried, the meeting was adjourned at 7:20 p.m. The next regular board meeting will be held in the temporary trailer at the recreation center on Thursday March 20, 2008 at 6:00 p.m.

APPROVED: /s/ Greg Trahan
Run: June 26 (J 60)

JOHNSON BAYOU
RECREATION DISTRICT OF
CAMERON PARISH
REGULAR BUSINESS
MEETING TUESDAY
APRIL 15, 2008

The Johnson Bayou Recreation District of Cameron Parish met on Tuesday April 15, 2008 at 6:00 p.m. The meeting was held at the Temporary Trailer located at the Johnson Bayou Recreation Center grounds in Johnson Bayou, LA.

Members present: Mr. Greg Trahan, Mrs. Khristy Trahan, Mrs. Heather Trahan and Mr. Shannon Trahan.

Absent: Mrs. Christine Storm.

Guest: Christen Trahan, David Moss, Nicky Priola, Steve Mott, Carey Vercher, Don Scimemi, Cecil Sanner, Jimmy Jinks, Stacey Badon, Rhonda Morrison, Dale Jinks Jr., Dale Jinks Sr., Shannon Jinks, Tracey Webb, Barry Badon and Wendy Harrington.

Mr. Greg Trahan called the meeting to order at 6:06 p.m.

A motion was made by Mr. Shannon Trahan seconded by Mrs. Khristy Trahan and carried to accept the minutes from the March 20, 2008 Meeting.

A motion was made by Mr. Shannon Trahan seconded by Mrs. Khristy Trahan and carried to accept the minutes from the March 27, 2008 Special Meeting.

A motion was made by Mr. Shannon Trahan seconded by Mrs. Khristy Trahan and carried to move action items 2 and 3 to the bottom of the agenda.

After discussing the Community Center and Recreation Center Projects;

A motion was made by Mrs. Heather Trahan seconded by Mr. Shannon Trahan and carried to accept Change Order #1 for the Johnson Bayou Community Center bringing the revised completion date to May 8th, 2008.

A motion was made by Mr. Shannon Trahan seconded by Mrs. Khristy Trahan and carried to accept Change Order #1 for the Johnson Bayou Recreation Center building bringing the revised completion date to July 13, 2008.

A motion was made by Mrs. Heather Trahan seconded by Mr. Shannon Trahan and carried to

accept Mr. Nicky Priola's offer to waive the \$563.91 a day for thirty days as a direct jobsite overhead for delays in project and furthered moved to accept a letter from Mr. Priola to the district confirming this agreement.

A motion was made by Mr. Shannon Trahan seconded by Mrs. Heather Trahan and carried to accept Kincaid Recreation to replace and install the Holly Beach Playground equipment for \$15,436.05.

A motion was made by Mrs. Khristy Trahan seconded by Mr. Shannon Trahan and carried to accept a \$.55 an hour pay raise to all employees excluding director.

A motion was made by Mr. Shannon Trahan seconded by Mrs. Khristy Trahan and carried to raise the Community Center rental amount to \$100.00 per every 24 hours.

A motion was made by Mr. Shannon Trahan seconded by Mrs. Khristy Trahan and carried to set the age limit for renting the Community Center to 21 years of age.

A motion was made by Mrs. Khristy Trahan seconded by Mr. Shannon Trahan and carried to accept Contract with Lechtenberg Consulting for the replacement of baseball field lighting.

A motion was made by Mrs. Khristy Trahan seconded by Mr. Shannon Trahan and carried to review and pay the bills for the month.

A motion was made by Mrs. Khristy Trahan seconded by Mr. Shannon Trahan and carried to accept review of the financial statements.

The board also discussed the policy on conducting open public meetings.

There being no further business on a motion by Mr. Shannon Trahan seconded by Mrs. Khristy Trahan and carried; the meeting was adjourned at 9:45 p.m. A regular meeting will be held in the temporary trailer at the Recreation Center on May 15, 2008 at 6:00 p.m.

APPROVED: /s/ Greg Trahan
Run: June 26 (J 61)

JOHNSON BAYOU
RECREATION DISTRICT OF
CAMERON PARISH
SPECIAL BUSINESS MEETING, WEDNESDAY, APRIL 30, 2008

The Johnson Bayou Recreation District of Cameron Parish met on Wednesday, April 30, 2008 at 5:30 p.m. The meeting was held at the Temporary trailer at the Johnson Bayou Recreation Center in Johnson Bayou, LA.

Members present: Mrs. Khristy Trahan, Mrs. Heather Trahan, Mr. Greg Trahan and Mrs. Christine Storm.

Absent: Mr. Shannon Trahan.

Guest: Christen Trahan, Jimmy Jinks and Areal Jinks.

Mr. Greg Trahan called the meeting to order at 5:28 p.m.

The purpose of the meeting was to discuss the Natural Gas pipeline supply to the Community Center Building.

A motion was made by Mrs. Khristy Trahan seconded by Mrs. Christine Storm and carried to dismiss the reading of the minutes until next regular meeting.

A motion was made by Mrs. Khristy Trahan seconded by Mrs. Christine Storm and carried to dismiss the review and paying of bills until next regular meeting.

A motion was made by Mrs. Khristy Trahan seconded by Mrs. Christine Storm and carried to dismiss the review of the financial statements until the next regular meeting.

After a detailed discussion and review of all options:

A motion was made by Mrs. Christine Storm seconded by Mrs. Khristy Trahan and carried to accept the replacement of the Natural Gas line at the Community Center by Porche Plumbing with the written statement stating no additional cost or time delays in project and also approval or agreement from land owners with statement of no easement.

In lieu that the Natural Gas line doesn't work out;

A motion was made by Mrs. Heather Trahan seconded by Mrs. Khristy Trahan and carried to accept Amerigas Propane to supply propane for Community Center.

A motion was made by Mrs. Christine Storm seconded by Mrs. Khristy Trahan and carried to purchase 110 yards of engineered wood fiber for playground from Kincaid Recreation.

There being no further business to discuss on a motion by Mrs. Heather Trahan seconded by Mrs. Christine Storm and carried; the meeting was adjourned at 6:17 p.m. The next regular board meeting will be held in the temporary trailer at the recreation center on Thursday, May 15, 2008 at 6:00 p.m.

APPROVED: /s/ Greg Trahan
Run: June 26 (J 62)

JOHNSON BAYOU
RECREATION DISTRICT OF
CAMERON PARISH
REGULAR BUSINESS
MEETING
THURSDAY MAY 15, 2008

The Johnson Bayou Recreation District of Cameron Parish met on Thursday May 15, 2008 at 6:00 p.m. The meeting was held at the Temporary Trailer located at the Johnson Bayou Recreation Center grounds in Johnson Bayou, LA.

Members present: Mr. Greg Trahan, Mrs. Khristy Trahan, Mrs. Heather Trahan and Mrs. Christine Storm.

Absent: Mr. Shannon Trahan.

Guest: Christen Trahan, David Moss, Steve Mott, Don Scimemi, Tracey Webb and Barry Badon.

Mr. Greg Trahan called the meeting to order at 6:08 p.m.

A motion was made by Mrs. Christine Storm seconded by Mrs. Khristy Trahan and carried to accept the minutes from the March 4, 2008 Special Meeting.

A motion was made by Mrs. Khristy Trahan seconded by Mrs. Christine Storm and carried to



Dear Savvy Senior,

To keep up with all the different doctors I see and medications I take, a friend recently suggested I start keeping my own medical records at home, but I'm not sure where to start. Can you offer any tips or suggestions on the best way to go about doing this?
Unorganized Annie

Dear Annie,

Keeping a set of your own personal health records is a great tool to help you get a better handle on your own health care, as well as avoid possible medical errors. Here are some tips to help you get started.

It's a fact that the more doctors you see, the more medical files you have. And the more scattered your medical records are, the higher your risk of drug errors, missed diagnoses, and other dangerous glitches. The solution: Keep a set of your own records at home. And with all the self-help tools available today, it's easier than it sounds.

Helpful Tools

Today, there are literally dozens of Web sites, computer software and paper-based products (some are free; others charge) that can help you gather your medical information, create your health records and keep them updated. The idea: Having your own health history at your fingertips can ensure better, more coordinated care.

To find a listing and links to all the different kinds of electronic and paper based self-help tools visit www.myphr.com and click on "Tools and Resources," then click on "PHR Tools and

accept the minutes from the April 15, 2008 Meeting.

A motion was made by Mrs. Heather Trahan seconded by Mrs. Christine Storm and carried to accept the minutes from the April 30, 2008 Special Meeting.

A motion was made by Mrs. Christine Storm seconded by Mrs. Heather Trahan and carried to move action items 2 and 3 to the bottom of agenda.

After discussing the Community Center and Recreation Center Projects;

A motion was made by Mrs. Christine Storm seconded by Mrs. Heather Trahan and carried to change the intended Natural Gas supply to Propane at the Community Center.

A motion was made by Mrs. Heather Trahan seconded by Mrs. Khristy Trahan and carried to hire Melissa Dearbonne for the inside supervisor position.

A motion was made by Mrs. Heather Trahan seconded by Mrs. Khristy Trahan and carried to hire Aretann Ashworth for a concession position.

A motion was made by Mrs. Christine Storm seconded by Mrs. Khristy Trahan and carried to run ad for the maintenance helper position starting pay being \$8.00 an hour.

A motion was made by Mrs. Christine Storm seconded by Mrs. Khristy Trahan and carried for the Director to attend a Skillpath Training Seminar and be reimbursed after completion.

A motion was made by Mrs. Heather Trahan seconded by Mrs. Christine Storm and carried to purchase the necessary supplies and Recreational equipment at needed.

A motion was made by Mrs. Heather Trahan seconded by Mrs. Khristy Trahan and carried to review and pay the bills for the month.

A motion was made by Mrs. Heather Trahan seconded by Mrs. Khristy Trahan and carried to accept review of the financial statements.

There being no further business to discuss on a motion by Mrs. Heather Trahan seconded by Mrs. Christine Storm and carried; the meeting was adjourned at 8:45 p.m. A regular meeting will be held in the temporary trailer at the Recreation Center on June 19, 2008 at 6:00 p.m.

APPROVED: /s/ Greg Trahan
Run: June 26 (J 63)

SEMIANNUAL GENERAL
COURSE OF INSTRUCTIONS
Cameron Parish Clerk of Court, Carl Broussard, in accordance with R.S. 18:431 A. (1) (a), will be conducting General Courses of Instructions for ANYONE WISHING TO BECOME CERTIFIED TO WORK AS A CAMERON PARISH ELECTION COMMISSIONER. These General Courses of Instructions are also for all Commissioners-in-Charge, Commissioners, and Alternate Commissioners who have previously been certified, but must be recertified under the Clerk's new term of office. These courses will be held on the following dates, times and at the locations listed below:

Monday, July 7th, 2008; Lowery Fire Station, 6:30 p.m. Lowery, La.

Tuesday, July 8th, 2008; Hackberry Multipurpose, 6:30 p.m. Hackberry, La.

Wednesday, July 9th, 2008; Cameron Courthouse Courtroom, 6:30 p.m., Cameron, La.

Runs: June 26 & July 3 (J 64)

Services."
Getting Started

To start your personal health record, you'll need to request a copy of your health records from all your health-care providers, including your general practitioner, plus your eye doctor, dentist, and any other specialist you have seen. Find out if your records are in an electronic format you can access, or request paper copies.

Once you have your paper records in hand, keep them together in a file folder or binder so they're easy to find. Organize the information in a way that makes sense to you, but mark it clearly, so it makes sense to others as well.

And be sure your loved ones have access to it if you become incapacitated. If your records are stored electronically (on your computer or a Web site), be sure they know where to find it, and have any necessary passwords for access.

After you've created your personal health record, be sure to take it with you to all doctor appointments and remember to keep updating it.

To make your electronic health records portable there are a number of handy USB flash drives

(like www.medkey.com, www.emrystick.com, www.vitalkey.com) that are about the size of a house key that can hold your medical records and be updated easily.

What to Include

Here's a checklist of what should be included in your personal health record:

- Personal information: name, contact info, birth date, Social Security number.
- Emergency contacts including phone numbers.
- Physicians, dentists, other specialists. Include addresses, phone numbers.
- Health insurance information.
- Living will, medical power of attorney, advance directive.
- Organ donation authorization, if any.
- List and dates of significant illnesses or surgeries. You could request and include a copy of your "discharge summary" from each hospital where a surgery took place.
- Current medications and dosages.
- Immunizations and dates.
- Allergies or sensitivities to drugs.
- Hereditary conditions in your family; important dates, i.e. father died of heart attack at age 50. See www.familyhistory.hhs.gov.
- Results of recent physical exam.
- Opinions of specialists you saw.
- Important test results; dental and eye records.
- Correspondence with your health care providers.

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.

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Roses need special care during summer weather

By DAN GILL
LSU AgCenter
Horticulturist

Summer heat stresses many plants in our landscapes. Like other plants, most roses are not especially happy during the extreme heat of mid to late summer. (Come to think of it, neither are most gardeners.)

Proper care is important as roses enter this most stressful time of the year. Regular watering, mulching, deadheading and insect, disease and weed control are the major issues we deal with.

Pruning

This is a good month to prune once-blooming roses. These roses, which bloom heavily in the spring and early summer and then not at all or very little the rest of the year, will bloom next year on growth they make this summer. So you want to prune appropriately now if it's needed.

Everblooming roses, on the other hand, will continue to bloom through the summer. When pruning off faded flowers (deadheading), you should cut them back at least to just above the first five-leaflet leaf. Cuts may be made lower on the stem of more vigorous roses to control their size. The next major pruning of everblooming roses will be in late August.

Watering

The intense heat this time of year can dry out beds surprisingly fast. Roses planted this year need a regular deep watering whenever we go five to seven days without a good rain. (A "good" rain means receiving one-half to 1 inch of rain; don't count brief showers.)

Established roses are remarkably drought-tolerant and generally don't require a great deal of supplemental irrigation. These roses may need to be watered in seven to 10 days after the last good rain. During long dry periods, water roses in the landscape once or twice a week as needed.

Avoid wetting the foliage, if possible, by using drip irrigation, soaker hoses or an irrigation system that sprays water below the foliage. If you must wet the foliage, irrigate during the morning or when the foliage will dry rapidly to reduce disease problems.

Fertilizing

Daytime highs in the mid-90s and nighttime lows in the mid- to upper 70s actually lower the vigor of roses. Despite your best efforts at proper care, you will notice that the flowers your rose bushes produce in mid- to late summer are often smaller with less vivid colors. And the flowers seem to fade almost as soon as they open.

Many gardeners interpret

the lower vigor and poor flower quality to mean the roses need more fertilizer. Since heat is the issue, however, roses actually need less fertilizer in late June, July and early August. So be moderate in fertilization - if you do any at all now.

Planting and transplanting

Mid to late summer is absolutely the worst time to transplant roses. If you need to move a rose, wait at least until late November if you can.

Planting new roses during intense heat also is not a great idea, although container-grown roses can be planted this time of the year if needed.

Pest control

For roses highly susceptible to black spot, a weekly spray program is important through the summer months. Fungicides labeled to control black spot must be used regularly. This is not a disease you can spray for on an as-needed basis. Use products labeled to control black spot on roses and follow the label recommendations carefully.

Even with persistent efforts, black spot can show up when we get regular afternoon rainfall. Still, spraying generally will help. To avoid spraying, choose roses that are more tolerant of or resistant to black spot.

Various insects will chew on the foliage or even occasionally on the flower petals, but damage is generally minor. For caterpillars, spray the bushes with Bt, spinosad, Sevin, cyfluthrin, bifenthrin or permethrin. The last four also will control beetles and a variety of other insects.

Leaf cutter bees chew round pieces about the size of a nickel or dime from the edges of leaves. Damage generally is not bad enough to warrant control.

Weeds

Keep beds well mulched to minimize weeds. A pre-emergence herbicide labeled for use around ornamentals, such as Preen or Amaze, can also help prevent weeds.

For actively growing weeds, selectively spraying them with glyphosate (KillzAll, Eraser, Grass and Weed Killer, Roundup) will kill them. It is critical that none of the spray or drift contacts the foliage or green stems of the roses. Spray on a calm day and, if necessary, place a barrier between a rose bush and what you are spraying.

As the outstanding spring and early summer bloom season draws to a close, don't despair. With good care through the summer, the fall rose blooming season in October and November can be just as - or even more - spectacular for the everblooming roses.

How to manage your weight

(NAPSA)-Any time can be a great time to set personal health goals and reset healthy lifestyle habits. Here are some tips for helping to effectively manage your weight:

1. Eat slowly. . . eat less. Your body needs time to recognize that you have eaten enough. By eating slowly, you will have less desire to overeat.

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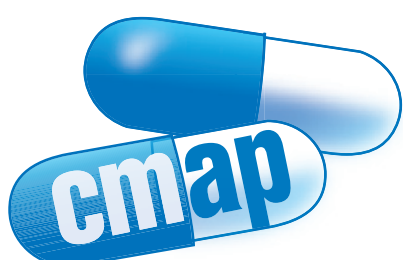
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