

Hurricane assistance continued by parish

274 persons sheltered in the parish

By BARRY BADON

I just thought I would update you on the Hurricane Katrina Evacuees in Cameron Parish. We currently have 274 evacuees taking some kind of refuge in Cameron Parish whether it be shelters, beach cabins, or mobile homes.

We now have evacuees in all parts of the Parish. We have also been in contact with the American Red Cross and FEMA, however all food and shelter assistance is being provided through private donations.

As of today Tuesday Sept. 13, some evacuees have started to receive monetary assistance from FEMA and limited assistance from the Red Cross.

To date we have placed five families with relatives in other parts of the country. Approximately 10 families have been able to return to their residence after power was restored.

Also, several of the remaining families have been able to find relatives in other areas through phone and internet service provided by Cameron Telephone Company.

The much needed support for "Operation It Could Have Been Us, Katrina Relief" has been overwhelming. We actually had to stop taking clothes because we had nowhere else to put them. Most of the industry in the area have made contributions to our effort.



"IT COULD Have Been Us" Katrina Relief Fund has gathered food and other supplies to care for evacuees who have been sheltered in the Johnson Bayou area. Shown above are some of the donations and volunteers.



Mrs. Shove given state 4-H award

Margaret Shove, 4-H Club Leader for Hackberry Jr. 4-H was recognized with the Salute to 4-H Excellence Award at an Awards Banquet during 4-H University in Baton Rouge this summer for her outstanding leadership and volunteerism in youth development.

Mrs. Shove was nominated by the State 4-H Division for her eight years of service to 4-H Youth Development. To note a few of the service activities that Mrs. Shove can be credited for is the school courtyard project which is continuous, organizing project workshops for junior members and honoring our military veterans through a school wide Veterans Day program.

Mrs. Shove works tirelessly to promote 4-H to all youth ages 9-19. She is proud that her children and grandchildren have had the opportunity to grow up through 4-H. During this summer, Mrs. Shove received special training on a statewide 4-H initiative on community service-learning projects.

Also in attendance were Sara Taylor, Grand Lake Sr. 4-H member and Penny Thibodeaux, Cameron 4-H Agent.

Scout Roundup set in Cameron

A Scout Roundup for new members will be held Monday, Sept. 19, in the Wakefield Methodist Church fellowship hall in Cameron from 5 to 6 p.m. Interested boys are invited to join the Scouting program.

Cub Scouts are for boys in grades 1st - 5th. Boy scouts are for boys in grade 6 and over.

Boys who are now Scouts need not attend. A parent or guardian should attend the roundup along with the interested boy. For more information call Bobby Doxey at 775-5216.

Regular meetings will begin Sept. 26.

Personnel

The Cameron Parish School Board acted on several personnel matters at its monthly meeting Monday.

The board accepted the resignation of Nancy Fruge, Central Office payroll dept., Jan. 31, 2006.

Leona Boullion was granted a leave without pay from now until Jan. 3 to recuperate from surgery.

Cherie Hardie was named a special education aide at South Cameron Elementary.

Pam Mudd was named a computer lab aide for the 2005-06 session and Michelle Trahan was named a bookkeeper in the Central office.

72 students admitted to schools

The number of hurricane-displaced students admitted to Cameron Parish schools has grown to 72, an increase of four over last week's report, the Cameron Parish School Board was told at its monthly meeting Monday.

Supervisor Uland Guidry said all of the new students have received school supplies and uniforms and counseling has been made available where needed.

The number of new students by schools is as follows: Cameron Elem., 13; Grand Lake High, 8; Hackberry High, 17; Johnson Bayou, 12; South Cameron Elem., 14; South Cameron High, 8.

"At this time, the enrollment increase is small; therefore, current faculty and staff members are able to provide for all of the instructional and support services for these new students without adding teachers or staff," Dr. Doug Chance, Superintendent said.

Ferry story clarified

Jerry Racca, who is in charge of the Cameron ferries, has offered a clarification on a resolution adopted by the Cameron Parish Police Jury requesting a bridge or tunnel for the ship channel.

The resolution stated that the ferry has to cease operation while an LNG tanker is passing, causing a wait of 45 minutes to an hour.

It was suggested with three LNG plants scheduled to be operating in several years, the delay in ferry crossings would be intolerable.

Racca said the wait usually isn't as long as the resolution stated, because the ferry captain can waive the Coast Guard rules under normal conditions, causing less delay for traffic.

The Police Jury has been trying to get a ship channel bridge for more than 40 years.

Meeting set

A town meeting will be held for the Grand Lake/Big Lake communities at 6:30 p.m. Monday, Sept. 19 at the Grand Lake Firemen's Center, according to the Cameron Parish Police Jury.

All interested persons are encouraged to attend.

Land swap offered to School Board

BY JERRY WISE

The Cameron Parish School Board has been offered a swap of land in the Sabine Wildlife Refuge for a 16th section owned by the board in the Lacassine Wildlife Refuge.

Supervisor Uland Guidry said the Interior Service, operates the wildlife refuges in the parish, would like to swap some land at Long Point on the east side of the ship channel for 540 acres in the Lacassine Refuge.

Board members were not warm to the proposal but agreed to hear what the two tracts of land were valued at.

The board approved the purchase of 11 acres adjoining the Johnson Bayou School property for \$116,000.

Advertising for surface lease on school section 16-12-11 was approved.

Supervisor Stephanie Rodrigue presented a report on the new Grade Level Expectations comprehensive curriculum which would replace six-week tests but would provide for more tests over the year.

Superintendent Doug Chance said the new policy would be beneficial to the students in that students would be able to average up their grades easier than with the 6-weeks test program.

The board will act on the matter next month.

PARTNERSHIPS

Supervisor Stephanie Rodrigue reported that an Introduction to Computer class now being offered by the

School Board in partnership with SOWELA Community College has an enrollment of 22 students.

She said that two more partnerships with other organizations are now being considered, one in Marine Industry Training and the other in Petrochemical Processing Technology.

She said these programs have been temporarily postponed due to Hurricane Katrina.

The board approved a request from Hackberry High School to permit a Family and Consumer Science Class to travel to Orange, Tex. on Oct. 11 for a program promoting self-esteem.

The board went into executive session at the end of the regular meeting at the request of a parent of a student.

Firefighters to make run

The SWLA Firefighters will host a Poker Run this Saturday, Sept. 17 to help raise funds for traveling expenses for the local championship finalists to compete in the World Championship Firefighter Combat Challenge to be held in Deerbeach, Calif. in November.

Registration starts at Wayne and Laynes, Sulphur, at 9:30 a.m. First bike out is 10:30 a.m. Designated stops are DeViney's Iron Horse Pub, DeQuincy; Lamplighter, Lake Charles; Fred's Lounge, Big Lake; and last bike in is at 4 p.m. at Caribbean Hut, Lake Charles.

All types of motorcycles are welcome. Entry fee is \$20 per bike. There will be lots of door prizes. For more information call 884-1466 or 263-0226.

September is Baby Safety Month



CAMERON PARISH 4-H club members who won honors at the 4-H University (formerly known as Short Course) at LSU this summer were presented with certificates by the Cameron Parish School Board Monday. They are pictured above with School Board President Loston McEvers and Penny Thibodeaux, parish 4-H agent. Blue ribbon winners are: Michael Savoie, Ivan Harmon and Jacob LaBove, South Cameron; Misty Lesueur, Grand Lake; Jordan Poole, Grand Lake; Bailey E. Richard, South Cameron; Kirstyn Vincent, Grand Lake; Jacob Trahan, Dylan Jouett and Timothy Russell, South Cameron. Records contest winners are: Ross Rowland, Grade Seven Achievement Records and Good Provider Youth, South Cameron; and Kristen Broussard, Grade Six Traditional Achievement Records, Cameron Elementary.

Displaced pets are also getting aid

By KATHY RICHARD

Because Holly Beach is located on the Gulf coast, I normally rescue dolphins, sea turtles, pelicans, seagulls, etc. As you probably know, Holly Beach and Johnson Bayou has been taking in victims from Hurricane Katrina.

Many of these desperate people have pets... all sorts of pets. Most of these pets have been remaining with their owners but temporary shelters need to be set up for some.

There are birds (large and small), hamsters, dogs, and cats.

Some have pet carriers... some do not. Some need immediate medical attention, some take special medication and are running out.

If you would like to help send checks payable to: "It Could Have Been Us". Mail to: Kathy Richard (Pet Donation), 2731 Gulf Beach Hwy., Cameron (Holly Beach), LA 70631.

I personally... will make sure that any food/items you donate will go to these people for their pets. Call for more info: 569-2603.

Free legal aid offered evacuees

Acadiana Legal Service Corporation of Lake Charles is offering free legal assistance for Cameron Parish. Intake applications which are scheduled for every fourth Thursday of the month, 10:30 a.m. - 2 p.m. at the Cameron Parish Community Action Center, 723 Marshal St., Cameron.

This month's date is scheduled for Sept. 22. For more info call 1-800-256-0639.



ENBRIDGE, operator of the Stingray Pipeline Facility at Johnson Bayou, has made a \$5,000 donation to the "It Could Have Been Us" Katrina Relief Fund that is providing aid to hurricane evacuees now staying in the Johnson Bayou area. Pictured above are Ricky Harrington, Enbridge operations superintendent; Ray Young, Knights of Columbus Council Grand Knight; and Barry Badon, Katrina Relief Fund administrator. Young and Badon are also Enbridge employees.



TWO HACKBERRY students who were the Cameron Parish School Board's representatives to the Siemes Building Education Corporate Program in Chicago were honored at the Board's monthly meeting Monday. They are Thomas Chesney and Mandy Michalko, shown with Loston McEvers, School Board president, and Melanie Little, Hackberry faculty member.



MEET THE 2005-06 Jr. 4-H officers at Grand Lake High School. Shown above, from left, are: Katelyn Vincent, parliamentarian; Erin Martarona, CRD; Jenna Picou, treasurer; Julianne Lannin, reporter; Julia Quinn, secretary; Kallan Mudd, president. Kelsey Ellender is vice-president.

Grand Lake Jr. 4-H club holds first meeting

By JULIANNE LANNIN, REPORTER

The Grand Lake Jr. 4-H Club held its first meeting of the year Tuesday, Sept. 6. The meeting was called to order by President Kallan Mudd. The pledge of allegiance was led by Savannah Quinn and the 4-H pledge was led by Shelby Thomas.

New officers for the year were introduced. They are: Kallan Mudd, President; Kelsey Ellender, Vice-President; Julia Quinn, Secretary; Julianne Lannin, Reporter; Jenna Picou, Treasurer; Katelyn Vincent, Parliamentarian; and Erin Martarona, CRD.

Mrs. Penny gave out enrollment cards. Club fees are due Sept. 23. Mr. Jake went over the "Clover" and important upcoming dates and events. Club members Jenna Picou, Lance Thomas, Darby Montie, and Marlie Mudd spoke to the rest of the club about their favorite part

of 4-H camp they had attended over the summer. They talked about canoeing, archery, and a class that taught students about the dangers of alcohol.

Local leader, Mrs. Donna Fontenot, asked us to decide how we could help as a club, the victims of Hurricane Katrina. It was passed that our club will donate \$100 to help any children affected by the storm who enroll as students at Grand Lake School with the purchase of necessary school supplies and uniforms.

The next meeting is scheduled for Oct. 4.



It Seems Just Like Yesterday

By Keith Hambrick



Cameron Pilot, Sept. 14, 1972. TARPONS LOOKING FOR THIRD VICTORY

The South Cameron Tarpons, who have a 2-0 record so far in District 4-AA play, beat Sam Houston 41-6 last week. Jody McCall ran for two touchdowns and kicked three extra points for the Tarpons.

Ken Mudd also made two TDs and Randall Williams and Jimmy Pearce each got a score. Mike McArthur picked up a PAT.

Hackberry, which had a week off, will be back on the field Friday night hosting Sunset in a game that starts at 7:30 p.m.

KING AND QUEEN NAMED

Harold Guilbeau, son of Mr. and Mrs. Francis Guilbeau of Cameron, was crowned Tiny King and April Lynn Benoit, daughter of Mr. and Mrs. Ronnie Dean Benoit of Cameron, Tiny Queen, of the 1972 Bazaar of Our Lady Star of the Sea Catholic Church in Cameron.

The other contestants were: Kimberly Belanger; Bridget Conner; Telesha Sturlese; Mary Elizabeth Aubey; and Kevin Saltzman.

KCS CONSIDER SWIMMING POOL

Robert V. Landry, Grand Knight of the J. P. Boudoin Sr. Knights of Columbus Council, announced that the council will meet Thursday night, Sept. 14 at the Council home.

The membership will be asked to vote on the approval of the installation of a swimming pool behind the Council home.

CLASS SEES ALLIGATORS

The South Cameron Elementary Kindergarten class were shown looking at two baby alligators.

Class members are Stacky Boudreaux, Tommy Duhon Aaron Billings, Brian Hanks, Renee Broussard, Melissa Thibodeaux, Ray Jones, Mrs.

HACKBERRY 4-H NEWS

The Hackberry 4-H Club will make a donation to Abraham's Tent. The donation will help feed victims of Hurricane Katrina. The club is asking family and friends to clean out their freezers.

Please deliver any food donations to the front porch of Hackberry High School on Friday, Sept. 16 between 8 - 9 a.m.

Jolie Trahan



Valid number given for WIC recipients

Incorrect information has been given about where WIC recipients displaced by the storm can go to get their nutritional supplements and other products. The number they must call is 1-800-251-BABY. This is the only valid number for this information!

A DHH employee's desk line was mistakenly given out as the WIC number. This is incorrect. The above number is where WIC recipients must call.

'Find family' call center is established

The State of Louisiana has established the national Find Family Call Center at 1-866-326-9393. This toll-free number has been established as an information and support resource for individuals and families who believe they have a family member who may have perished due to the hurricane.

The national Find Family Call Center is designed as a point of entry to help families begin the process of identifying their deceased loved ones.

Free legal help is offered to evacuees

Hurricane evacuees can get free legal help from the local legal community the Southwest Louisiana Bar Association announced. Legal assistance is being coordinated through Southwest Louisiana Legal Services, headed by Jim Ortego and Acadian Legal Services, which is led locally by Jennifer Robinson.

Some issues lawyers are available to help hurricane victims with may include, but are not limited to:

FEMA registration
Victims' federal disaster assistance rights
Insurance claims

New wills and death or probate matters
Replacement of documents
Bankruptcy

Home repair contracts and contractor issues
Preparation of powers of attorney, guardianship and other similar legal matters

Consumer protection matters, including remedies and procedures

Landlord/tenant disputes, evictions, and foreclosures
Immigration matters

Those in need of assistance with legal issues are encouraged to contact one of the following numbers:

Southwest Louisiana Legal Services: Jim Ortego, 436-3308 or 1-800-256-1955

Acadian Legal Services: Jennifer Robinson, 439-0377 or 1-877-256-0639

Louisiana State Bar Association Young Lawyers' Disaster Hotline 1-800-310-7029; <http://www.lsb.org>

Southwest Louisiana Bar Association: Adel Murphy 497-0090



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Mr. and Mrs. David Richard

Richard - Dawes vows held in Longview

Julianna Dorothy Dawes and David Benjamin Richard were married Saturday, June 11, at Trinity Episcopal Church in Longview, Tex. The Rev. Miller F. Armstrong, III, of Baton Rouge officiated at the double-ring ceremony and the Rev. Thomas H. Murray, III, of Longview assisted.

A reception followed at the Shopka Center in Longview. The bride is the daughter of Dr. and Mrs. John L. Dawes of Longview. She is the granddaughter of Mrs. Eugenia Churchill Hartman of Donaldsonville, and the late David Sanford Hartman, Sr., and the late Mr. and Mrs. Leslie George Dawes of London, England.

The groom is the son of Mr. and Mrs. David Michael Richard of Grand Chenier. He is the grandson of Curtis Richard of Creole and the late Mrs. Marjorie Richard and the late Mr. and Mrs. Walter Phillips of Lake Charles.

Stephanie Eugenia Dawes served her sister as maid of honor. Bridesmaids were

Aimee Fourrier Dawes, Sarah Elizabeth Richard, Amanda Rae Cedars, and Melissa DuPont Mahony, Hayley Jeane Hughes, and Katherine Hope Newton.

Members of the house party included Jennifer Claire Mestayer, Ashley Hartman Uter, and Lacy Michelle Wright. Emily Annalise Uter, was the flower girl.

Michael Joseph Brasseaux served as best man. Groomsmen were John David Dawes, Bryon Heath Richard, Brady Keith Richard, Brennan Driscoll Uter, Jay Phillip Byler and Robert Matthew Aicklen.

Ushers were Drew Christian Detraz, Stuart Sentell Hartman, and Dane Kyle Mitchell.

The readers of Holy Scripture were Erin Regina Byler, Suzanne Byler Guillory and Karen Bredehoef McCarley. The organist was Gwen Garrison Tomlin and the vocalist was Sarah Wilson Medin. Frank and Becky

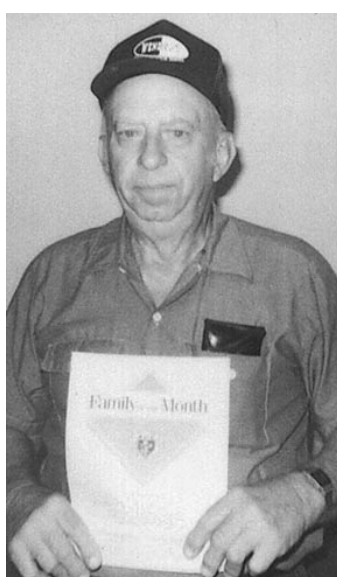
Trahan graduates from basic in Tex.

Air Force Airman Rustin P. Trahan has graduated from basic military training at Lackland Air Force Base, San Antonio, Tex.

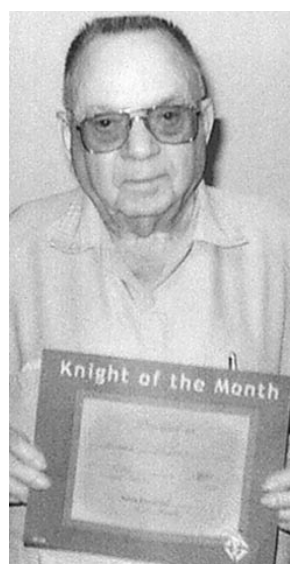
During the six weeks of training, the airman studied the Air Force mission, organization, and military customs and courtesies; performed drill and ceremony marches, and received physical training, rifle marksmanship, field training exercises, and special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

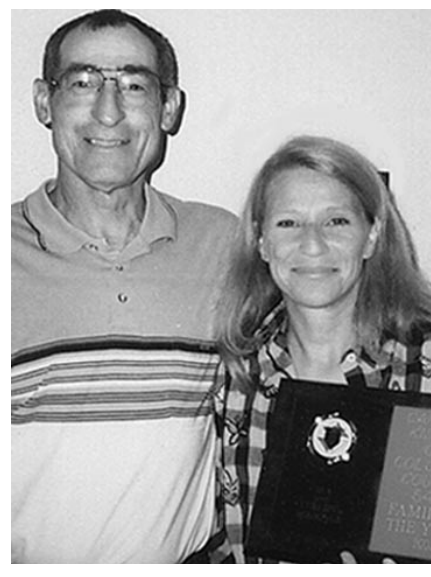
Trahan is the son of Edmond and Alberta Trahan of Cameron and is a 2005 graduate of Johnson Bayou High School.



MILTON THERIOT and wife Dot were named Family of the Month for September by Our Lady Star of the Sea Knights of Columbus Council.



OUR LADY Star of the Sea Knights of Columbus named Joseph 'Sip' Duhon, left, as Knight of the Month, and Ira and Lauriene Rodrigue as Family of the Month for August.



Poker run to be held Sept. 24

A benefit poker run will be held for SWLA Chapter Autism Society of America on Saturday Sept. 24.

Pre-registration is now being offered through Saturday, Sept. 17. The first 100 pre-registrants will receive a free event bandanna.

All motorcycles and vehicles are invited to attend. A \$15 per person donation is the entry fee. There will be lots of door prizes, 50/50 drawings and a free meal at the end of the run.

On-site registration begins at 9-11 a.m. at Harry's Restaurant and Casino, Moss Bluff; with first bike out at 10 a.m. and last bike in at 4 p.m. The designated stops are: Sam's Cove, Westlake; The Edge, Vinton, Starks Silver Dollar, Starks; and ends at DeQuincy Railroad Museum/Deviney's Iron Horse Pub, DeQuincy.

Proceeds from this event

will help to provide financial assistance to persons and families of persons with autism that have been affected by Hurricane Katrina.

If you are unable to make the ride, donations can be sent to: Southwest Louisiana Chapter Autism Society of America, P. O. Box 1805, Lake Charles, La. 70602. Attn: Mona O'Brien, Treasurer.

For copies of entry forms call 855-2068 or 786-8801.



Lagniappe Two Retirement Home Living Notes

By Geneva Griffith



(LAST WEEK'S COLUMN)

I have just returned from a week away from home because we had no electricity here. The village was without it for over a week and residents who did not leave found it almost unbearable. We have gotten so used to electricity and air conditioning we can hardly do without it.

I feel for those poor people in New Orleans, and especially those who have to go back to the houses that have been under water for so many days. I believe it is a worse situation than we had after Hurricane Audrey when we lost everything and had to start from "scratch"

I lost everything in my refrigerator and freezer this week, so I had to start all over again.

I have been following with interest what is going on in the Supreme Court and the young man who the president has selected to fill the shoes of William Rehnquist. I remember how proud I was of Jennie Jones when she argued the case of a local woman before that body and won her case. Cameron is indeed lucky to have Jennie and her partner Glenn Alexander in their midst.

I love the condo I have here in "Village Woods", but I still have half of my family in Cameron Parish. I really feel safe here, behind locked gates and a guard who walks the grounds at night. Also, I have

wonderful neighbors.

We have a well-planned daily program and there is always something to do. So I guess I will just stay here and issue an invitation to all my old friends to drop by some time and see me.

I have discovered two household hints that I would like to share with you. I have found the most amazing thing to clean spots out of your carpet. It is called Resolve and is in a red spray can, you just spray it on the spot and watch it magically disappear.

Did you know that you can put a green tomato in a paper bag and set in on a window sill and it will turn red. It's amazing.

Spirit shirts on sale now

South Cameron Elementary Spirit Shirts are on sale. This year we will have a new design for the shirts. We will take orders until this Friday, Sept. 16. This will be your only chance to purchase SCE Spirit Shirts for the year. So order now. Order forms are available at the school.

Baseball team taking orders

The South Cameron High School Boys Baseball team will be taking orders for the magnetic signs and window decals at the Friday night football game against Kinder.

All proceeds will go to the SCHS Boys Baseball Team. This will be your last chance to order the signs.

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That's why the Asthma Care Center was created -- to improve the quality of life for people with asthma in our community. The Center is designed to be a community resource, providing education, assessment, monitoring, treatment and support for asthma patients age 12 and older.

Under the medical direction of pulmonologists with Pulmonary Associates of SWLA, the staff of the Asthma Care Center will work in partnership with you and your primary care physician to develop a personal Asthma Action Plan to help you better control your asthma. And when your asthma is under control, you'll have more control of your life.

If you're ready to breathe easier, call the Asthma Care Center today to learn more or to schedule an appointment.

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Cameron Outdoors

By LOSTON MCEVERS



Hunters in the nine day dove season got a chance to "pop some caps" as doves are not an easy target to hit. A dove hunt helps get rid of the summer blues. Social hunts and good food goes well before a dove hunt. Doves are not only fast, but fly in a pattern that is up-down-sideways and are tricky targets. Hunting buddies have fun laughing at the others for misses, but get real good wing shooting practice before our special teal season, that opens this weekend.

Doves like harvest grain fields such as millet, milo, sunflower seeds and clear cut pastures. They don't like heavy weeded areas, however they will go for patches of goat weeds. Trees and fence lines and over electric hi-lines are a good spot as they will land there and then fly down to feed. Doves have certain flight paths and water holes are a great place to find them as they will fly to these for water, especially in the afternoon.

Half-day shooting is better, as you don't shoot out your field and really, only a few days each week, doesn't run off the doves the same as if you hunt them everyday.

Doves make good eating. I like to take my doves and stuff the breast with a small piece of onion, garlic, jalapeno peppers, and a small piece of sausage in the cavity, wrap in bacon and toothpick to hold and grill them. It doesn't take long, when the bacon is crisp, the doves are done. I grilled birds this past weekend.

TEAL SEASON

Our teal season opens this weekend, Sept. 17. There are some marshes with lots of teals, but not enough water in the trails and ponds to hunt, or even get there to hunt. There are other marshes with water, but not many teals, so Saturday could be a hit and miss day, but I'm sure these ducks will scatter and overall, we might have a few days of good hunting.

REGULAR SEASON

I understand our big duck season was sort of on a borderline for 45 days and five ducks, with the mallard population down nine percent. We did get 60 days and six ducks!

Ponds in Canada are up 56 percent and hatches were better than last year even on the prairie lands. More rain in May, June, July made new ponds, and farmers were not able to harvest crops and plant crops because of rain-fall, making more prairie land for nesting, in fact some say ducks were re-nesting, especially late nesters like blue wing teal and gadwall, which should show up this fall.

The prediction for our fall flight is 9.3 million mallards. We should see lots of younger birds this year, and younger birds are easier to decoy. This is good news if we can count

on this, as Louisiana's duck count in 2003 was 1.3 million birds, but in 2004 the count was down to 822,000 birds and we all know the effects we saw last year.

There were only three states last year that had a better count, Tennessee, Alabama and Mississippi.

All the other states in our Mississippi Flyway were down, even our northern states like Illinois, Minnesota, Michigan, Wisconsin, Iowa plus the others except Arkansas had the same 1.1 million bird count for both years.

We know our eastern sections of Louisiana, Mississippi and Alabama Gulf Coast will suffer this year from the effects of the hurricane. Let's hope our luck holds out and we don't get any more storms or hurricanes.

LEMESCHE BASS CLUB

The Lemesche Bass Club held their last meeting of the bass year last week and the results for the year went like this:

George Melancon 51.32 points, who outdid Richard Duhon, 50.78 to be the outstanding angler of the year, a difference of 0.54.

These two anglers are great fishermen and great guys and they deserve their standings.

The rest of the anglers in order were:

Todd Morales 48.80; Carl Broussard 47.14; Scootie Troclair 45.76; J. M. Boudreaux 40.62; Johnny LeDoux, 38.78; Loston McEvers 37.74; Ricky Canik 36.48; Tom Hess 35.38; Darren Richard 34.74; Matthew Griffith 33.96; Jeb Linscombe 28.2; Trey Wilkerson 23.64; Chance Doxey 21.66 and Cory Broussard 19.3.

WHAT'S HAPPENING

The following are dates you might want to remember, that pertain to Cameron Parish, Area 3.

Through Jan. 1, 2006 - Crow and blackbirds, statewide - No limit.

Through Feb. 28 - Nutria season, statewide - Permits needed.

Sept. 14 - Oct. 13 - Alligator season, statewide - Permits needed.

Sept. 17 - Sept. 25 - Teal, rail, gallinules, statewide - Daily bag limit on teal, 4 daily; rail and gallinules 15; king and clapper 15 and sora and virginias 25.

Sept. 17 - Jan. 15 - Archery season, Area 3.

The first split of dove season is over, second split set to open Oct. 8 - Nov. 13.

The CCA's Statewide Tournament and Anglers Rodeo ended Sept. 5.

The Ducks Unlimited Banquet will be held Saturday, Sept. 17 at the Grand Lake Fireman's Center.

South Cameron High School News

CORPORATE SPONSORS

The South Cameron High Athletic Corporate Sponsors for 2005-2006 are: Brown's Grocery & Market/Hackberry; Brown's Grocery & Market/ Cameron; Scott Trahan, Police Juror; Roy Bailey Construction; Farm Bureau Insurance - Wilson "Boogie" LeJeune; State Farm Insurance - Enos Darbonne; Dr. Richard Sanders; Wilkerson Transportation - Wendell Wilkerson; Wendell's Electric - Reggie Murphy; Cameron Telephone.

The Corporate Sponsors are a tremendous asset to our Athletic Program. Each year these local merchants contribute in many ways to help make the youth in our community able to have the best Athletic Program. We would like to take this time to recognize these sponsors and thank them for being there for us. We invite any other business in the area to join this fine list of businesses that support our athletes.

FBLA NEWS

The first FBLA meeting will be on Sept. 15. The election of officers will be at this time. New members are invited to join. Any student taking a business subject may enroll.

SPIRIT T-SHIRT SALE

Students may purchase spirit t-shirts from the school office. The cost is \$10 per shirt. Students may wear the spirit t-shirt on Fridays during football season.

US CONSTITUTION DAY

On Friday we will be celebrating the signing of the US Constitution. Students will be wearing red, white and blue in honor of the US Constitution.

LEAP REMEDIATION

LEAP Math remediation is on Monday and Wednesday and LEAP English remediation is on Tuesday and Thursday.

Lunch menus for Cameron Parish

Lunch menus for all Cameron Parish schools for the week beginning Thursday, Sept. 15 are as follows:

Thursday, Sept. 15 - Oven fried chicken, seasoned rice, green beans, fruit cocktail, wheat biscuits, milk.

Friday, Sept. 16 - Beef finger steaks, mashed potatoes, orange wedge, white sauce, wheat sliced bread, milk.

Monday, Sept. 19 -

tion is on Tuesday and Thursday. Remediation begins at 7:20 a.m.. LEAP retest will be the week of Oct. 24.

SCHOLARSHIP INFORMATION

Seniors may contact Mr. Broussard for information on the Coca-Cola Scholarship and the Horatio Alger Scholarship.

DANCELIN CAMP

Come and join the SCH Danceline as they host the Annual Elementary Dance Camp to be held on Saturday, Sept. 17 at South Cameron High School in the new gym. The cost of the camp is \$35 per participant. Registration begins at 8:30 a.m. with the final presentation at 3 p.m. The camp is open to K - 8th graders. Participants are to bring a sack lunch, drinks will be provided. All participants will receive a dance camp t-shirt and will perform at half time for the Lake Arthur vs SCHS game to be held on Friday, Sept. 23. If you have any questions, call Sharon Picou at SCHS 542-4860.

CLASS ELECTIONS

Class Officers, Student Council and Homecoming Elections will be held Tuesday and Wednesday. Students will be campaigning this week and on Monday Campaign Speeches will be heard.

CALENDAR OF EVENTS

Sept. 15 - JV Football Kinder (away) 5:30 p.m.

Sept. 16 - Football Kinder (home) 7 p.m.

Sept. 20 - 21 - Class Elections; Homecoming Elections

Sept. 22 - JV Football Lake Arthur (away) 5 p.m.

Sept. 23 - Football Lake Arthur (home) 7 p.m.

Sept. 24 - Elementary Jamboree Tarpon Stadium 8:50 a.m. - 3:15 p.m.

Tarpons suffer loss to Lions

By CHRIS & LAURIE MUELLER

The South Cameron Tarpons suffered their second straight set-back, losing a close battle to the Vinton Lions 22-20. The Tarpons fall to 0-2 for the first time in many years.

The Vinton Lions came into the contest having suffered five straight losses. The game was not decided until late in the fourth quarter when Vinton's Roderick DeBruce ran the ball in from 25 yards out with 4:30 remaining in the game.

Chance Fenetz ran in the two point conversion to put Vinton ahead 22-14. The Tarpon's Dominique LeBlanc

scored on a 51 yard run to give the Tarpons a chance to tie up the game, but the try for two failed.

LeBlanc had tied the game at 14 all with a nine yard run with 5:50 remaining in the game. He had a great game, rushing for 163 yards on 18 carries. He was 2-6 passing with 35 yards.

The Tarpons first score of the night came after the Lions had taken an 8-0 lead on a 12 play drive. The Tarpons scored after a nice 13 play drive on Matthew Styron's five yard run at the end of the first quarter. The two point conversion failed making the score 8-6. Styron rushed for 48 yards on 15 carries. Byron Quinn caught three passes for 44 yards.

Tarpons to play Kinder here Fri.

By CHRIS & LAURIE MUELLER

Things just keep getting tougher for the 0-2 South Cameron Tarpons, who find themselves hosting the high powered offense of the 2-0 Kinder Yellowjackets. Kinder, led by junior quarterback Justin Reed, has whipped Elton and Gueydan so far this year.

Kinder, obviously one of the district 5-2A favorites, returns five starters on offense and six on defense from last year's 3-7 team.

The Tarpons came very close to beating Vinton last week as the game was decided in the fourth quarter. Running back Dominique LeBlanc looked very good, rushing for 163 yards on 18 carries, giving him 252 yards in two contests.

Chris' Picks

By CHRIS MUELLER

Last week I went 9-4. My season record is 16-7 with a .696 winning percentage. This week I see:

- Kinder over South Cameron
- DeQuincy over Oakdale
- Menard over Rosepine
- East Beauregard over Merryville
- South Beauregard over Oberlin
- Lake Arthur over Vinton
- Pickering over Many
- Southern Miss over McNeese
- Kansas over Louisiana Tech
- Northwestern over UL-L
- Southern over Prairie View
- Washington State over Grambling
- Mississippi St. over Tulane
- New Orleans over NY Giants
- Dallas over Washington
- Pittsburgh over Houston

Elem. Jamboree scheduled here

The Cameron Parish Elementary Football Jamboree is scheduled for Saturday, Sept. 24 at South Cameron High School.

- 8:40 a.m. Opening Ceremony
- 8:45 a.m. CES Dance Line
- 8:55 a.m. GL Dance Line
- 9 a.m. CES v/s GL - Little League
- 9:45 a.m. CES v/s GL - Midgets
- 10:20 a.m. CES v/s GL - Peewee
- 10:55 a.m. GL Dance Line
- 11 a.m. GL v/s SCE - Little League
- 11:45 a.m. GL v/s SCE - Midgets
- 12:20 a.m. GL v/s SCE - Peewee
- 1 p.m. CES Dance Line
- 1:05 p.m. CES v/s SCE - Little League
- 1:50 p.m. CES v/s SCE - Midgets
- 2:30 p.m. CES v/s SCE - Peewee
- 3:15 p.m. Championship Awards

Geneva goes alligator hunting

By GENEVA GRIFFITH
Cameron Pilot,
Sept. 14, 1972

I went on an alligator hunt this week. A strange place for a woman to be, out in the middle of the Johnson Bayou marsh in search of bull alligators.

It's not so strange when you are riding along a narrow natural bayou in the Cameron Meadows marsh, known to the oldtimers as the Smith Ridge marsh, with a genial host, John Paul Crain, and companions like Warren Trahan and his son Ernest, and Murphy Romero.

The beauty is spectacular and the peace is unbelievable. Tall marsh canes rise to a height of 6 to 8 feet on one side of the bayou and salt grass forms a sea of softly waving meadows on the other side.

Crain pointed out that different species of marsh rats abide in different areas. You can tell by the kind of grasses in an area what kind of rats you will catch there. For instance, the muskrat prefers the three cornered grass.

Our Aluminum "Arkansas Traveler" skimmed across the shallow, two to three foot deep

canal, followed closely by a mud boat pulling a skiff to haul the prizes back in. White water lilies, called "Pagogee" by the French, floated on top of the surface. These will eventually clog the waterways, but not as bad as the water hyacinths.

We will fish for the bull alligators in the bayou, Crain said, because the females are nesting in the marshes and it is too big a chance to trap there, for fear of catching one. Crain said that out of 70 alligators his hunters have already got this season, only two have been female. This is probably due to the careful method of picking the right places to hunt them.

At various spots along the bank the baited lines are put out. Six to eight inch mullet are used (they were seined earlier in the Gulf). They are left to hang at least four inches above the water. This is done to attract the larger alligators.

If the bait was hanging closer to the water a small five footer would be able to reach it. A hook is inserted in the fish so when the alligator swallows it it is hooked.

Some nine foot bulls were the catch of the day. Warren Trahan and Crain pulled them up to the boat. A quick shot from a .44 by Trahan between the alligator's eyes, just as he breaks water, kills him. The mud boat manned by Ernest Trahan and Murphy Romero quickly moves in and the bull is pulled aboard the skiff.

It is immediately tagged on its tail with a metal tag secured from the Louisiana Wildlife and Fisheries Commission. The spinal cord is cut with an ax to stop the action of the powerful tail. The carcasses are taken back to the dock.

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Fires burn approx. 650 acres in marsh

There are four marshland fires totaling approximately 650 acres burning on private lands in the vicinity of Cameron Prairie and Lacassine National Wildlife Refuges and an approximately 100-acre wildfire burning in the southwestern corner of Lacassine Pool.

Smoke from these fires is currently being carried by a southeast wind, gusting up to 15 miles per hour, into the Lake Charles area. Smoke is likely to sink closer to the ground as the air cools throughout the night.

Fire officials recommend that people with breathing problems consider staying indoors and allow air conditioning systems to filter their air. As the temperature rises throughout the day, the smoke will lift and move off in the wind.

During this time of year, many landowners burn their property in preparation for waterfowl hunting season. Under certain weather conditions, fire can jump over canals, roads and other features that typically border land ownership boundaries throughout southwest Louisiana.

The Southwest Louisiana National Wildlife Refuge Complex, including Sabine, Cameron Prairie, and Lacassine National Wildlife Refuges, would like to ask that all landowners planning to burn property adjacent to or near any of the refuges please notify the Fire Management Officer by calling 762-3816.

If refuge officials are aware that a fire may be started, they can take actions to prevent refuge wildfires.

Influenza not threat to wild birds in La.

The Louisiana Department of Wildlife and Fisheries is reassuring bird hunters that avian influenza (AI), a viral disease found in wild birds especially waterfowl and shorebirds, does not pose a hazard in the state of Louisiana or North America. AI typically infects only a small number of birds in the wild and causes few, if any, symptoms.

Recent news of a particularly virulent strain of AI called "highly pathogenic avian influenza (HPAI) H5N1" is causing concern because it is a threat to domestic poultry and is responsible for the death of at least 57 people in Asia from winter 2003-04 to August 2005. Those people presumably contracted the virus via direct handling or consumption of infected domestic poultry. However, there are increasing reports that HPAI

H5N1 is infecting migratory wild birds raising fears it might spread into new areas including North America that could pose potential danger to those who handle wild birds, including hunters.

As Louisiana bird hunters anticipate and participate in our outstanding bird hunting opportunities, it is important to know that at this time HPAI H5N1 has NOT been detected in North America and there is no known case where AI has been passed from wild birds to humans. Although the possibility of the disease arriving here via migrating birds cannot be ruled out, the probability is very small, and it would most likely be detected first in Alaska or along the west coast.

As a general rule, people should enjoy wildlife from a distance to both minimize disturbance and eliminate exposure to any wildlife-borne health concerns. Do not handle wild birds, especially if sick or dead. Because of their greater contact with wild birds, hunters should not handle or eat sick birds, use disposable gloves while cleaning game and make sure all game is thoroughly cooked.

Youth hunt rules given for program

Refuge Manager, Larry Narcisse, announced that the Fifth Annual Youth/Senior Lottery Waterfowl Hunt Programs will begin Dec. 17, 2005 and continue through Jan. 21, 2006. Four applicants will be chosen for each Youth and Senior hunt date by lottery drawing from applications received at the refuge by 4 p.m. on Oct. 20.

The Youth hunts will be scheduled on Saturdays and the Senior hunts on Wednesdays during the second split of the western zone Louisiana waterfowl hunting season. Refuge employees have placed four pit blinds on the refuge for this program.

2005-06 Youth hunt dates:

1. Sat., Dec. 17, 2005
2. Sat., Dec. 24, 2005
3. Sat., Dec. 31, 2005
4. Sat., Jan. 7, 2006
5. Sat., Jan. 14, 2006
6. Sat., Jan. 21, 2006

2005-06 Senior hunt dates:

1. Wed., Dec. 21, 2005
2. Wed., Dec. 28, 2005
3. Wed., Jan. 4, 2006
4. Wed., Jan. 11, 2006
5. Wed., Jan. 18, 2006

Requirements for Youth Hunt participants are as follows:

- One adult will supervise no more than two youth hunters.
- Youth hunters must be between the age of 10 and 15 as of Oct. 19, 2005.
- The adult supervisor must be at least 21 years of age.
- The adult hunter will be allowed to harvest a limit of waterfowl in compliance with state law, youth hunters must harvest their own limit.
- State daily bag limits apply.
- Hunters born after Sept. 1, 1969 are required to possess a Louisiana Hunter Safety Certification card or equivalent from another state prior to application. If course has been taken and the card has not been received please send a copy of certification completion.

To apply for the Youth Hunt you must submit ONE "3x5" index card with the following information:

- Write "Youth Hunt" at the top of the card.

- Adult name, date of birth, address, and telephone number.
- Youth name, date of birth, and hunter safety certification number.
- The date for which you are applying and ONE alternate date (Individuals submitting more than one card will be disqualified from the drawing).
- No phone applications will be accepted.

Requirements for Senior Hunt participants is as follows:

- Senior hunters must be a minimum of 55 years of age by Oct. 19, 2005.
- May bring up to two guests, one of which must be a Senior or a Youth as designated above; the second guest may be any age.
- State daily bag limits apply.
- Guests born after Sept. 1, 1969 are required to possess a Louisiana Hunter Safety Certification card or equivalent from another state prior to application. If the course has been taken and the card has not been received please send a copy of certification completion.

To apply for the Senior Hunt you must submit ONE "3x5" index card with the following information:

- Write "Senior Hunt" at the top of the card.
- Senior name, date of birth, address, and telephone number.
- Guest name, date of birth, and hunter safety certification number if required.
- The date for which you are applying and ONE alternate date (Individuals submitting more than one card will be disqualified from the drawing).
- No phone applications will be accepted.

A public drawing to select Youth and Senior applicants will be held Nov. 2 at 10 a.m. at the Lacassine Office (located on Nature Road at the end of Highway 3056, 7 miles west of Lake Arthur). Applicants need not be present to be accepted. Successful applicants will be notified in writing by mail by mid-Nov.. For additional information call 774-5923 or email:

fw4rwlacassine@fws.gov.

Youth waterfowl hunts scheduled to start Nov. 5

Refuge Manager Glenn Harris announced the Sixth Annual Youth Waterfowl Hunt Program is scheduled to begin Nov. 5, and continue through Jan. 21, 2006. Five applicants will be chosen for each hunt date by lottery drawing from applications received at the refuge by 4 p.m. on Oct. 20. The youth hunts will be scheduled on Saturdays and selected school holidays within the western zone Louisiana waterfowl hunting season. Refuge employees have placed five fiberglass pit blinds on the refuge for this program. Decoys are provided. The 14 hunt dates for the 2005-2006 youth hunt are:

1. Sat., Nov. 5, 2004*
2. Sat., Nov. 12, 2004
3. Sat. Nov. 19, 2004
4. Wed., Nov. 23, 2004
5. Sat., Nov. 26, 2004
6. Sat., Dec. 3, 2004
7. Sat., Dec. 17, 2004
8. Wed., Dec. 21, 2004
9. Sat., Dec. 24, 2004
10. Wed., Dec. 28, 2004
11. Sat., Dec. 31, 2004
12. Sat., Jan. 7 2005
13. Sat., Jan. 14, 2005
14. Sat., Jan. 21, 2005

* Youth Only Hunt on Youth Waterfowl Day. Adults must supervise youth but ADULTS CANNOT HUNT on this date.

Requirements for Youth hunt participants is as follows:

- One adult will supervise no more than two youth hunters.
- Youth hunters must be between the age of 10 and 15 as of Oct. 19, 2005.
- The adult supervisor must be at least 21 years of age.
- The adult hunter will be allowed to harvest a limit of waterfowl in compliance with state law; youth hunters must harvest their own limit.
- State daily bag limits apply.
- Youth hunters and supervisors born after Sept. 1, 1969, are required to possess a Louisiana Hunter Safety Certification card or equivalent from another state prior to application. If course has been taken and the card has not been received please send a copy of certification completion.

To apply you must submit ONE "3x5" index card with the following information:

- Adult name, date of birth, address, and telephone number.
- Youth name, date of birth, and hunter safety certification number.
- The date for which you are applying and TWO alternate dates. (Individuals submitting more than one card will be disqualified from the drawing).

Successful applicants will receive a permit in the mail by mid-Nov.. For more information regarding the youth hunt program you may visit the refuge headquarters at 1428 Hwy. 27, Bell City, LA, 70630 or call 598-2216.

Alligator harvest begins Sept. 14

Southwest Louisiana National Wildlife Refuge Complex Wildlife Biologist, Steve Reagan, announced that the annual alligator harvests will take place on Cameron Prairie, Lacassine and Sabine National Wildlife Refuges from Sept. 14-16 and Sept. 26- Oct. 13.

Alligator hooks will be removed from poles throughout the Louisiana Teal duck season, Sept. 17-25. Each of the permitted hunters will use the standard hook and line sets to fill their tag allotment.

Managers of each National Wildlife Refuge caution boaters and anglers to stay away from alligator sets which contain baited hooks and possibly hooked alligators. It is a violation of State and refuge regulations to tamper with alligator sets, including poles, lines or bait.

As hunters check their lines and travel to launch areas, their boats can become heavy and hard to maneuver. Boaters are asked to take care when passing. As mentioned within Boater Safety Courses, you are responsible for damage caused by your wake. All National Wildlife Refuge visitors are asked to stay clear of boat launch areas and hunters.

For additional information about harvesting alligators, or any biological program on the Southwest Louisiana National Wildlife Refuges, please contact Steve Reagan by calling 598-2216.

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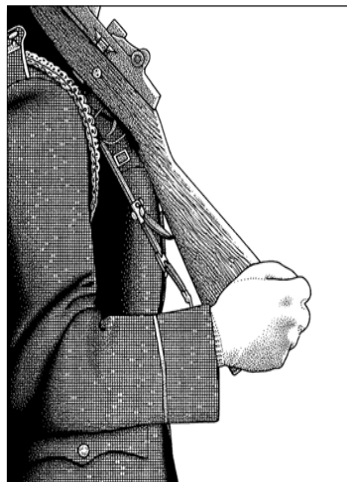
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Legal Notices
Cont. from Page 7

Dimas levees in the West Creole area.

On motion of Mr. Semien, seconded by Mr. Benoit and carried, the Board agreed to purchase a salinity meter for monitoring the area.

On motion of Mr. Benoit, seconded by Mr. Griffith and carried, the Board agreed to repair the levee on the High Island and Creole Canal north of High Island and to replace two (2) culverts on the ridge.

On motion of Mr. Semien, seconded by Mr. Benoit and carried, the Board agreed to get cost estimates for fence repair and new gates at the Oak Grove structure.

There being no further business, on motion of Mr. Semien, seconded by Mr. Griffith and carried, the meeting was declared adjourned.

APPROVED:
KEVIN BOUDREAU,
CHAIRMAN

ATTEST:
/s/Michael Semien
MICHAEL SEMIEN,
SECRETARY
RUNS: Sept. 15 - S 38



September is National Food Safety Education Month

Each year, millions of illnesses can be traced to foodborne bacteria. LSU AgCenter nutritionist Dr. Beth Reames says that figure can drop if people follow recommendations during September Food Safety Education Month.

This year's theme is "Keep Hands Clean with Good Hygiene." Reames offers several ways to fight bacteria.

- Wash hands in hot, soapy water before preparing food and after using the bathroom, changing diapers and handling pets. For best results, use warm water to moisten hands and then apply soap and rub hands together for 20 seconds before rinsing thoroughly.
- Wash cutting boards, knives, utensils and counter tops in hot soapy water after preparing each food item and before going on to the next one.

- Use plastic or other non-porous cutting boards. Cutting boards should be run through the dishwasher - or washed in hot soapy water - after use.

- Consider using paper towels to clean up kitchen surfaces. If using cloth towels, wash them often in the hot cycle of the washing machine.

Think before applying winterizer to the lawn

Louisianians who winterize their lawns in October need to be especially careful at reading the nutrient label on the fertilizer bag, according to LSU AgCenter horticulturist Dr. Tom Koske.

"Many lawn winterizing products sold locally are really made for cool-season grasses that grow in the northern states," Koske says, explaining, "Winterizing cool-season grass is opposite of winterizing our warm-season grasses."

In his own experience, the horticulturist found a local retailer selling three different kinds of winterizing products - all formulated for northern grasses. These winterizers had a fertilizer analysis with high nitrogen (N), first number on the product bag, and lower phosphorus (P) and potassium (K), second and third numbers listed.

"These products are wrong for our permanent grasses," Koske says, adding, "We want to strengthen our lawns for winter, not weaken them."

Winterizing southern lawns means to slow down

grass growth and increase potassium (K) - that third number on the label. This process toughens plant tissues for the winter freezes ahead.

Research has shown that higher levels of plant K enhance tolerance to a broad range of environmental stresses including cold damage. Therefore, a good strategy is to maintain high levels of soil K throughout the growing season and especially in the fall.

"With high K available all season, special winterizing would be unnecessary, and the turf would be in best shape to handle environmental and pest problems all season long," Koske says.

Phosphorus (P), the middle number on a fertilizer bag, is not critical. It promotes winter annual weed germination, Koske explains.

"Just use muriate of potash (0-0-60) or do nothing," the LSU AgCenter horticulturist advises. Apply potash at 1 to 2 pounds per 1,000 square feet.

He warns, however, "Too much of a good thing is often bad. An excessively high rate of K fertilizer may lead to foliage burn (salt burn) or can lead to competitive inhibition of other soil nutrient uptake."

More information on lawn care is available at your local LSU AgCenter office. In addition, look for lawn & gardening and Get It Growing links in the LSU AgCenter Web site: www.lsuagcenter.com

Teach youth how to balance life's choices

(NAPSA)-For many of today's youth, life has become a constant juggling act. Balancing school, sports, community activities, part-time jobs and responsibilities at home is not an easy task. In fact, a recent survey indicates that 59 percent of 15 to 17-year-olds say they feel stressed every day.

However, balance is a skill that can be mastered if encouraged at a young age. That's why high schools focus on communicating the importance of becoming well-rounded in every aspect of a student's life. Educators partner with companies and organizations that reward students based on their overall package, rather than focusing solely on the more traditionally areas of academics or sports.

In fact, the Wendy's High School Heisman Award-where school administrators from high schools throughout the country are encouraged to nominate two seniors (one male, one female) whose experiences reflect excellence in academics, athletics and community service-has become popular throughout the country.

"In the first 11 years of our program, we've recognized more than 124,000 students," says Tom Mueller, president and chief executive officer of Wendy's. "Each year, we see a growing number of high schools choosing to use Wendy's High School

Heisman to celebrate students who are able to manage multiple things at once."

So how do students achieve this much-needed balance? According to Rose Rennekamp, vice president of communications for ACT Inc. (the company best known for its college entrance exam), developing time management and organizational skills is one of the first steps teens can take to achieve balance in their lives.

With this in mind, Wendy's High School Heisman and ACT have created a checklist of advice for parents and students on how to achieve a balanced life:

- Master time management. Are you a morning person? Schedule your classes, meetings and final reviews early. Better in the evenings? Set aside time after dinner to study, play sports or volunteer.

- Get organized. Whether it's a calendar, assignment book or a post-it, plan each day or week in advance so you're aware of the "to-dos" and can plan accordingly.

- Select course work carefully. A high grade-point average is important but college admissions officers also want to see advanced placement or

honors courses. Such classes prepare you for the college entrance exam and college-level course work, allowing you to spend time outside the library.

- Think quality over quantity. Be committed to the extracurricular activities you join. It's more impressive to be on the executive board of one or two organizations than to be a member of five.

- Give back. Community service has become an essential part of society. It demonstrates that you are an active and responsible citizen and allows you to gain exposure to different peoples, cultures and organizations in the community. Volunteering also helps hone networking skills.

- Celebrate diversity. Inquire about scholarships and awards through your principal or guidance counselor. Check free online scholarship services and apply for recognition programs that showcase your achievements. For more information on the Wendy's High School Heisman program or to nominate a student, log on to www.wendysheisman.com.

- Learn the art of saying "no". It's easy to get overwhelmed when you take on too much. Don't be afraid to turn down opportunities; it's all in the approach. Be aware of your obligations and your ratio of committed time vs. free time. If you overbook yourself, everyone loses.

Breakfast Smoothie

- 1/2 cup apple juice
- 1/2 cup nonfat plain yogurt
- 1/2 cup frozen unsweetened mixed berries
- Honey, as desired

Combine ingredients in blender; blend until smooth. Sweeten with honey, if desired.

Makes 1 serving.

health hints

Making strides for your health

(NAPSA)-Taking walks in the park or around the neighborhood is one of the easiest ways to enjoy any season. It's also an excellent form of exercise, especially for the 18 million Americans with diabetes.

"Walking at least 30 minutes each day can result in weight loss and higher energy levels, and may reduce risks associated with diabetes," says Lorena Drago, nutrition counselor and diabetes expert. "To begin, start slowly and build up your pace and distance over time. Once you feel that a level is becoming easier, increase your total walking time by adding about five minutes (about 500 steps)."

Remember, exercise can cause your blood sugar levels to fluctuate, so it is important for people with diabetes to test before and after walking. Keep a log of your blood sugar readings to help you detect

patterns in your levels. The best time for a walk is one to two hours after a meal.

To get started, Drago recommends the following fun and easy step-by-step tips:

Get Equipped

Invest in a pedometer and keep a walking journal to monitor your progress. A Little Goes A Long Way

When possible, take the stairs instead of the elevator or escalator -this counts as steps, too. Take advantage of cell phones to catch up with friends and family while you walk. When at work, take two or three short walking

breaks. Small sessions of exercise throughout the day can add up to big results.

Enlist A Buddy

Enlist a walking buddy to join you in your program; having a partner provides motivation and companionship. Also, some malls allow walkers in before the stores open-see if a nearby mall does and get in those steps as you window-shop together.

Step It Up

Find a school track or park path where you can walk longer distances. To keep your blood sugar levels as close to

normal as possible during these more vigorous walks, be sure to bring bottled water and a light snack such as a Glucerna(r) Snack Bar, which contains a unique blend of carbohydrates to help manage blood sugar levels.

With these simple tips, you can stroll through the seasons with good health and improve the way you manage your diabetes. To receive a personalized fitness plan and learn additional tips about walking, visit Glucerna.com. Talk to your health care professional about how to use Glucerna nutrition products in your meal plan.

Pomegranate does well in La. landscapes, says LSU AgCenter horticulturist

Small plant size, attractive flowers and unique fruits make the pomegranate an excellent landscape plant, according to LSU AgCenter horticulturist Dr. John Pyzner. It has been grown as a fruiting shrub or small tree in many of the old Louisiana gardens.

Pomegranates tolerate Louisiana's humid climate, but they have thrived in the semi-arid climate of the Mediterranean and Middle East regions since ancient times.

The natural growth pattern of a pomegranate is a dense deciduous shrub 8-15 feet tall. The plants are sometimes pruned to single-trunk trees that grow 15-20 feet tall. The tree style requires frequent pruning of suckers from around the main trunk to maintain the form.

Pomegranates can with-

stand temperatures near 0 F when they are dormant. Before dormancy, however, they are very sensitive to early fall freezes. They also are vulnerable to late spring freezes when buds begin to swell. In areas where early or late freezes are a problem, pomegranates are best grown as a shrub.

Pyzner says pomegranates are tolerant of most growing conditions except wet soils. The best growing conditions for pomegranates are sunny locations with a well-drained, moist heavy loam soil. Plants can grow in partial shade, in sandy or clay soils, in drought conditions and in a broad soil pH range.

Pomegranates have very showy flowers in the spring. These flowers may be an inch or 2 in diameter. Most flowers are a dark orange to red. Flowers also can be white,

yellow or pink.

Pyzner explains that flowers may have a single set of petals, or they may have multiple sets of petals that give flowers a carnation appearance.

Pomegranates are self-pollinating. Two types of flowers are frequently present. One type has a pistil and pollen and is capable of producing fruit. These flowers normally have a U-shaped base. The second type produces only pollen and will not set fruit. This type of flower usually has a V-shaped base. Humid conditions during blooming can prevent fruit set. Severe fruit drop is common on young plants 3-5 years old.

The fruit is 2-5 inches in diameter. It has a leathery rind that is usually yellow and overlaid with pink or red. The interior of the fruit is filled with seeds that are surrounded by white, pink or red juicy pulp. The juicy pulp is the edible part of the fruit. The fruit ripens in September and October.

Wonderful and Sweet are the two varieties of fruiting pomegranates most likely to be available. Pomegranate fruits more probably are used for decorations rather than consumption, since they are so unique and attractive and keep well at room temperatures.

A number of ornamental pomegranates are available. Nana is the most common variety. It is a dwarf that grows 2-4 feet tall and has individual orange-red flowers.

Other varieties are available, but they are more difficult to locate. They vary in flower color and plant size.

For related horticulture topics, click on the Lawn and Garden link at the LSU AgCenter Web site, www.lsuagcenter.com

10TH ANNUAL Louisiana Travel Photo Contest

LOUISIANA-A GREAT PLACE TO LIVE, WORK & PLAY



The subject of your photo should reflect the theme "Louisiana-A Great Place to Live, Work & Play" and may include any aspect of Louisiana that reminds you of our state. Photos must be taken between June 1st-September 30th, 2005 and may or may not include people. The contest is open to all Louisiana residents, one entry per person is allowed and entries must be a 3" x 5" or larger print or 35mm slide (color or black & white)

accompanied by the official entry form below. Additional entry forms and/or contest rules may be obtained at parish libraries, local tourist and convention bureaus, all State Parks and Historic Sites, Louisiana State Museum, Louisiana's ten welcome centers and select photo retail outlets. All entries must be post-marked on or before September 30, 2005 to qualify.

- Grand Prize:** Enjoy a vacation at one of Louisiana's State Parks, at a site chosen by the winner. You will get free use of a cabin for four days and three nights plus access to that park's amenities.
- Second Prize:** A mini vacation along Louisiana's Audubon Golf Trail.
- Third Prize:** A mini vacation along the America's Wetland Birding Trail.
- Fourth Prize:** A mini vacation along Louisiana's Ancient Mounds Trail.
- Fifth Prize:** A mini vacation redeemable in the region of Louisiana's Pistachio National Forest.

Five Honorable Mention recipients will be awarded. Honorable Mention winners will receive a voucher granting free admission to all Louisiana State Parks and State Historic Sites. All ten winners will receive Certificates of Merit from Louisiana Lt. Governor Mitch Landrieu.

Name (type or print clearly) _____

Street Address _____

City/State/Zip Code _____

Daytime Phone (include area code) _____

Subject, where and date photo was taken _____

Signature _____

check if return envelope enclosed

I have read all the rules for the contest and accept all the conditions stated herein.

For additional entry forms and/or contest rules, write to:
2005 La. Travel Photo Contest; La. Office of Tourism, P.O. Box 94291,
Baton Rouge, LA 70804 or call (800) 947-4288.

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Source: Office for Addictive Disorders

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