The Cameron Parish
Pilot
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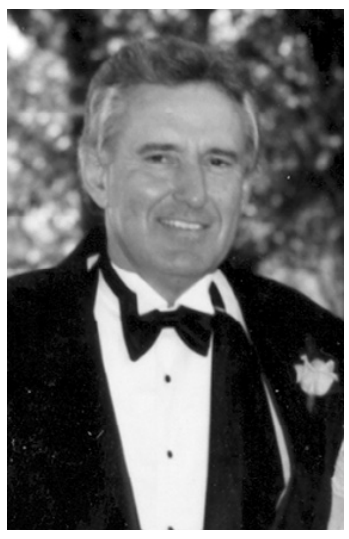
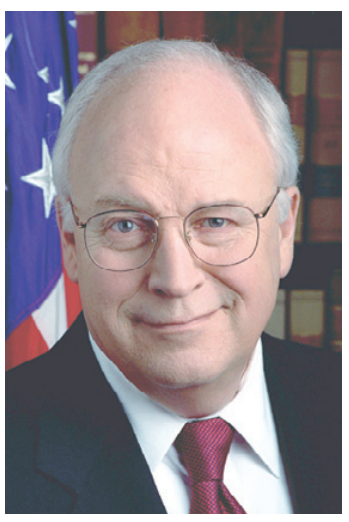
November 29, 2007 Vol. 51--No. 8 Cameron, La. 70631


Patrick Doland

Margaret Doland

SOUTH CAMERON Memorial Hospital staff were at work Monday, attending to patients for the first time in over two years. Shown in the Emergency Room nurses station are, from left, Director of Nursing Kelly Vincent, Eddy Jackson, and Radiology Manager Lauren Comeaux. (Photo by Cyndi Sellers.)


Dick Cheney

Trent Lott

Cheney & Lott have successful hunt here

By LOSTON MCEVERS

Last year there was excitement when it was learned that vise president Dick Cheney was hunting at a Little Chenier Hunting Camp. Well, our Vice-President returned again this year for another hunt.

This took place two weeks ago. Friday evening Cheney hunted with Mitch Baccigalopi and he killed two mallards. Saturday morning, Cheney and Senator Trent Lott, from Mississippi, hunted with Kim Bourriaque. The Senator and Kim had 12 ducks but none for Cheney.

Saturday evening, Kim drove the Vice-President to Grand Chenier on the Miller Estate and Cheney got his 6 ducks for his daily limit.

Sunday morning Mr. Zuchloag, owner of the camp, along with his son and Cheney had 15 ducks. It was said that he shot better this year than he did last year.

There were less agents this year than last, but still the marsh was looked over, Divers checked the pond and a chopper flew in the air. All vehicles that entered into the camp were searched.

The Grand View Hunting Lodge and it's owner Mr. Zuchloag, his son and family have given the vice-president his own personal locker, with his name on it.

Trent Lott was also on hunt here

By JERRY WISE

The big news in the Pilot last week was that Vice-President Dick Cheney had come duck hunting in Cameron Parish for the second straight year.

The second biggest news was the identity of his hunting companion--Senator Trent Lott of Mississippi, one of the most powerful men in Congress.

Lott, 66, announced this week that he is retiring from Congress in the next few weeks after 35 years. He made the decision over the Thanksgiving holidays with his family, just a week after his hunting trip at Little Chenier.

He had just been re-elected to another six-year term. Last November he won a narrow race to become the GOP whip. In previous years he had served as the Senate's Majority Leader.

CHENEY HOSPITALIZED

Although it probably didn't have anything to do with his Cameron Parish hunt a week earlier, Vice President Cheney had to go in the hospital in Washington on Monday to have an electrical shock administered to his heart to restore a normal rhythm. He was in the hospital only 2 1/2 hours.

He returned to work Tuesday.

(Someone suggested in jest that Cheney's heart condition was due to the spicy Cajun food that he ate while at the Little Chenier lodge.)

Dolands die in traffic accident

A prominent Grand Chenier couple, who were living in the Sweetlake area since Hurricane Rita, were killed in a two-vehicle accident on La. 82 last Friday morning. They were Pat and Margaret Doland, long time Cameron parish residents. Both were 68.

Mr. Doland was a former Cameron Parish School Board Member and he and his wife owned and operated Pat's Restaurant in Cameron (and previously at Oak Grove) as well as the Cameron Trailer Park in Cameron. They also owned Doland Cattle Co.

Officers said the Dolands were driving eastbound in a pickup truck on La. 82 near milepost 4 at about 10:15 a.m.

Another pickup truck, driven by Drake Dugas of Henderson, was headed west on La. 82, Investigators said Dugas' vehicle crossed the center line for some unknown reason.

His vehicle struck the Dolands' truck head-on, killing both of them. Dugas was seriously injured and airlifted to a Lafayette hospital for surgery.

Hospital is now open

By CYNDI SELLERS

"Our main focus at this time is to bring back 24 hour health care to Cameron Parish," said South Cameron Memorial Hospital Administrator Rita Simon as the hospital opened for patient care on Monday.

Since Hurricane Rita destroyed the old hospital and the Cameron Rural Health Clinic over two years ago, residents of southeastern Cameron Parish have had to travel 45 minutes to an hour for medical care.

Now emergency room services are available in Creole 24 hours a day. The five bed ER has a fully equipped trauma room, a procedure room, a triage room and a spacious waiting room. There is a separate waiting room for outpatient services.

By noon Monday, staff had already seen two ER patients and used the new digital radiology equipment to send x-ray images to a radiologist in Baton Rouge. Hospital Service District Board Member Tim Dupont said the hospital is now state of the art, with paperless record keeping and new equipment such as an open air CT scan, purchased by Pacer.

Radiology manager Lauren Comeaux said Pacer had purchased new radiology and lab equipment before the hurricane. The new systems were just a week away from operation when Hurricane Rita destroyed them. She is glad to be back at work finally caring for patients again, and says, "We're providing

Cont. on Page 2.

Jury candidates hope for a non-tie vote

By CYNDI SELLERS

Both candidates for the Cameron area Police Jury seat hope voter turnout will be better the next time around. The run-off election between Kirk Burleigh and Bryan "Goose" Richard which ended in a tie of 138 to 138 on Nov. 17 had only 276 participants. There were 449 votes cast in the primary election.

Representatives of the candidates said many supporters they spoke to said they didn't think they needed to vote this time.

It just goes to show that every vote really does matter. If one more person had voted, the election would have been decided. Instead, the candidates are faced with another round of campaigning, and Cameron won't have a representative at the reception being held next week in Lake Charles for newly elected officials.

Early voting for the Dec. 15 run-off election begins Saturday, Dec. 1 and continues Monday-Saturday, Dec. 3-8 from 8:30 am until 4:30 pm.

Jake brakes prohibition sought by Police Jury

By CYNDI SELLERS

The agenda for next week's Police Jury meeting will include an ordinance prohibiting "jake brake" noise, an increase in the mileage allowance for parish employees, an extension of the comp time waiver, and a $15,000 appropriation for a sign in Hackberry.

These items were discussed at the agenda meeting Monday night, where jurors also agreed to go into executive session next week on personnel matters.

The air brake ordinance has been patterned after those in Allen and Jefferson Davis Parishes. It was noted that most trucks come with mufflers on the air brakes, and the excessive noise comes when these mufflers are removed.

Since the hurricane, parish employees have been able to accrue comp time for overtime hours worked. In the past only 50 hours could be rolled over into the new year, but the emergency situation led jurors to waive that restriction, allowing employees to save up time for later use on rebuilding houses, etc. They will vote next week on whether to extend the waiver for one more year.

The price of gasoline has caused the State of Louisiana to raise the employee mileage allowance to 44 cents a mile. The parish's rate has stayed at 36 cents a mile since the storm, and jurors will vote on raising the parish rate to the state level.

Hackberry Juror Steve Trahan asked the Jury to consider allocating $15,000 to replace the Hackberry welcome sign that was destroyed by Hurricane Rita. He said the town raised $15,000 in donations for the sign, but it only cost $10,000, leaving $5000 in the general fund. He asked for that $5000 plus an additional $10,000 to replace the sign.

Parish Planning and Economic Development Director Ernie Broussard announced that the bond validation suit for the funds from the Cheniere PILOT tax plan was to be held on Wednesday.

Cont. on Page 5.

Tarpons named All-District

By CHRIS & LAURIE MUELLER

The South Cameron Tarpons placed three players on the 5-1A All District First Team. On first team offense, senior Jaylon Ball was named as a wide receiver and senior Jonathan Alleman was named as an offensive lineman. Senior Thomas Trosclair was named to the first team defense as a defensive lineman. Second team honors went to Tony Johnson, place kicker and Jonathan Trahan, linebacker.

Christmas event set at Johnson B.

A Community Cajun Christmas will be sponsored by Cheniere and organized by the Johnson Bayou-Holly Beach PTO on Sunday, Dec. 2 at the Johnson Bayou High School from 2:30-7 p.m.

Activities will include: petting zoo, train rides, fun jumps begins at 2:30 p.m. Christmas tree lightning, photos with Santa and Mrs. Claus, arts and crafts activities, karaoke for all ages presented by Deep South Productions and door prizes.

Gumbo will be served in the cafeteria starting at 4 p.m.

More elections on tap

By JERRY WISE

Just when parish voters thought all of the elections were over, along came some more within the next several months.

The first of these is election in Precincts 2, 14 & 15, the Cameron area, to elect a new police juror. Kirk Burleigh and Bryon "Goose" Richard had a tie in the Nov. 17 election so a new election was required and will be held on Dec. 15. (See the advertisement elsewhere in this issue on early voting.)

The second of these elections is the 2008 Presidential Primary election which will be held Feb. 9 for the election of Democratic and Republican Central Committee Members, Democratic Parish Executive Committee Member, and Ward 5 Justice of the Peace.

Qualifying for these positions will be Dec. 12-14 in the Clerk of Court's office. For information on qualifying and fees contact the clerk's office at 775-5316.

More information on these elections can be found in advertisements elsewhere in this issue of the Pilot.

THIS PHOTO of the gas well blowout between Lafayette and Baton Rouge was taken by Larry Simmons and was furnished to the Pilot by Margaret Shove. Interstate 10 was closed from Nov. 15 to Nov. 25 due to the fire.

AT THE NASA Space Center in Houston, Tex., Grand Lake High School teachers Aimee Young, Lindsay Smythe, Courtney Verzwyvelt, and Bobbye Delaney met R2-D2. The Star Wars themed workshop was held Oct. 26-27.

Funerals

PATRICK A. DOLAND, SR. and MARGARET C. DOLAND

Patrick and Margaret Doland, both 68, of Bell City and formerly of Grand Chenier, died in an automobile accident on Friday, Nov. 23, 2007 in Grand Chenier.

Mr. Doland was born and raised in Grand Chenier and graduated from Grand Chenier High School. He attended L.S.U. and graduated from McNeese State University with a degree in Agronomy. After graduation, Mr. Doland worked for the Louisiana Department of Wildlife and Fisheries as a Research Agronomist at Rockefeller Refuge.

Mr. Doland returned to McNeese for two years, majoring in pre-med. Mr. Doland taught business math, algebra, and general science. From 1968-1978, Mr. Doland worked for Tennessee Gas Pipeline in Grand Chenier, the last three years as plant foreman.

Mr. Doland and his wife owned and operated Pat's Restaurant and Cameron Trailer Park in Cameron. He was also the owner of Doland Cattle Company.

Mr. Doland was a former member of the Cameron Parish School Board. He was a Past Grand Knight and Knight of the Year for Knight's of Columbus Council #3014 in Cameron. He was a member of the Cameron Parish Teachers Association and a member of the Cameron Parish and Creole Nature Trail Tourism Boards. Mr. Doland was also a member of the LA Cattleman's Association.

Mrs. Doland was born and raised in Vinton, and was a graduate of McNeese State University where she attained her Bachelor's Degree in Physical Education. She retired a teacher at South Cameron High School after 20 years.

Mrs. Doland was a member of the Cowbell Association, the Grand Chenier Homemakers club and the Catholic Daughters of St. Eugene Catholic Church.

They leave to honor their memory, one son, Patrick Allen Doland, Jr. and wife Julie of Holmwood; two daughters, Shelly Doland Duddleston of Bell City and Dianne Miller of Lake Charles; and seven grandchildren.

In addition, Mr. Doland is survived by two brothers, Billy Doland of Grand Chenier and Bobby Doland of Houston and one sister, Dr. Barbara Coatney of Lake Charles.

Mr. Doland was preceded in death by his parents, D. Y. and Estelle Miller Doland and a sister, Marjorie Richard.

Mrs. Doland was also preceded in death by her parents, Morris and Annie Vice Chargois.

Funeral services were held at 11 a.m. Tuesday, Nov. 27, at Christ the King Catholic Church. Father Wayne LeBleu officiated. Interment was in Consolata Cemetery. Visitation was Monday, Nov. 26 from 11 a.m. until 9 p.m. with a scripture service and rosary at 6 p.m. Visitation continued Tuesday from 8 a.m. until 10:30 a.m. in the funeral home.

Words of comfort to the family may be expressed at www.johnsonfuneralhome.net.

(Paid Memorial)

-The CAMERON PILOT-
(USPS 150-200)
Telephones: (337)786-8004 or (337)786-2870

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

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MILDRED MARGRETTE MUDD

Mildred Margrette Mudd, 76, died Sunday, Nov. 25, 2007, at her home in Lake Charles.

She was a member of Sacred Heart Catholic Church in Creole, Catholic Daughters and the Altar Society and taught religion for many years.

She is survived by five sons, Robert E. Mudd and wife Olga of Green Acres; Thomas Mudd Jr. and wife Beverly of Iowa; Alvin Mudd and wife Earline of Cameron, Leslie Mudd and wife Elizabeth of Longville and Russell Corley of Green Acres; one daughter-in-law, Elizabeth Mudd of Baton Rouge; one sister, Mary Lee Jinks of Hackberry; 18 grandchildren, 39 great-grandchildren and four great-great-grandchildren.

She was preceded in death by her parents, Abel and Eunice Billeaud; her husband, Thomas Mudd Sr.; two sons, Jerry Corley and Kent Mudd; and two brothers, Stafford and Roy Billeaud.

Her funeral was held Tuesday, Nov. 27, in Christ the King Catholic Church. The Rev. Joseph McGrath officiated. Burial was in Sacred Heart Cemetery in Creole.

AGNES VERNA TRAHAN

Agnes Verna Trahan, 84, of Johnson Bayou, died Monday, Nov. 26, 2007.

Mrs. Trahan was born in Cameron. She was a lifelong Cameron Parish resident and retired Avon saleswoman. She was also a member of Our Lady of Assumption Catholic Church, Catholic Daughters, and Pavell Post.

A Mass of Christian Burial was held Wednesday, Nov. 28, at Our Lady of Assumption Catholic Church in Johnson Bayou. Reverend Roland Vaughn officiated. Burial was in Head of the Hollow Cemetery under the direction of Levingston Funeral Home in Groves, Tex.

She was preceded in death by her husband, Ernest O. Trahan.

Survivors include her daughter, Jackie Jordan and husband, Jerry of Fannett, Tex.; son, Ernest Carrol Trahan and wife, Phylis of Johnson Bayou; four grandchildren; and six great-grandchildren.

Memorial books given to library

The following Memorial Books have been donated to the Cameron Parish Library Honorees, donors and titles are listed in that order:

Braxton Blake, Cliff and Martha Conner, The Bow Hunter's Handbook; Ed Laria, Williams Gas Pipeline Station 44, An Intimate Portrait of a Species: Wolf Empire; Lynn McCall, Joyce and Bob Haitt and family, 1) Getting to Know Nature's Children: Loons, Black Bears 2) Getting to Know Nature's Children: Cougars, Eagles;

Lynn McCall, Elougia and Billy Myers and family, 1) Getting To Know Nature's Children: Koalas & Cheetahs 2) Getting To Know Nature's Children: Squirrels & Frogs; Lynn McCall, Lorine and Whitney Baccigalopi, 1) Getting To Know Nature's Children: Seals & Mice 2) Getting To Know Nature's Children: Porcupines & Grizzly Bears; Lynn McCall, Dorothy and Henri Falkenberg and family, Animal Champions.

Library tells programs

Cameron Branch Library will be hosting the following free programs for the public. For more information, call 775-5421. The same schedule is followed each week for the next month.

Thursday, Nov. 29 - Exercise Class - 9:30 a.m.

Friday, Nov. 30 - Kids Spirit Craft Program - 11 a.m.

Monday, Dec. 3 - Exercise Class - 9:30 a.m.

Tuesday, Dec. 4 - Exercise Class - 9:30 a.m.; Toddler Story time - 10:30 a.m.

Wednesday, Dec. 5 - Exercise Class - 9:30 a.m.

Thursday, Dec. 6 - Exercise Class - 9:30 a.m.

Friday, Dec. 7 - Kids Spirit Craft Program - 11 a.m.

The library is also planning a free Christmas Program with free pictures with Santa, crafts and snacks Dec. 13 at 5 p.m.

HOSPITAL

Cont. from pg. 1

better quality equipment."

25 BEDS

The rebuilt hospital has 25 acute care beds, fewer than the old one, but plenty for current needs. Four of the rooms are isolation rooms, for control of infectious diseases.

The hospital's management company, Pacer, is working to acquire permission to use up to five of the rooms for swing bed patients, but state requirements for patient qualification are much more stringent than they used to be, Simon said. Dupont commented on the excellent care past swing bed patients received and how involved the community was in their care, even having a community band play for them every week.

The hospital hopes to convert one wing into a nursing home someday, if the legislature can be persuaded to lift the statewide moratorium on new nursing home beds. Cameron Parish is the only parish in the state without a nursing home.

DAY CLINIC

The next step for the hospital will be to open a day clinic for non-emergency care. Dr. Jake Hollen, staff physician, will head the clinic, providing routine medical services.

Hospital spokesperson Jennifer Jones has said the Grand Lake Clinic will not be moved to its new site until the South Cameron clinic is open, in order to provide continuous care for parish residents.

The hospital was a major employer in Cameron Parish before the storm, and Simon says the hospital will be adding staff and services as the area grows. She said the planned pharmacy is not open now, but is still a future possibility. FEMA rules would not allow the use of space for purposes other than those existing before the storm.

The clinic was allowed because the hospital was converting space for a clinic before the storm, and rooms were being used by a cardiologist and others to see patients at the hospital.

The new clinic will not, however, be a rural health clinic. FEMA, again, could not allow that use, because it was not in the hospital before the storm, The rural health clinic in Cameron was in a building not owned by the hospital district, so FEMA cannot pay to rebuild it. The difference between a rural health clinic and a regular clinic is in the fee schedule.

Dupont pointed out that the Grand Lake Rural Health Clinic, even though it is located outside the Hospital Service District, helps the hospital. The Grand Lake Clinic makes a profit, and those extra dollars help support the hospital operations, he said. The district also operates a Calcasieu Parish nursing home, Calcasieu Oaks, which makes money for the hospital.

Sonnier is nominated for award

Destiny Sonnier, a senior at Johnson Bayou High School, has been nominated to compete in the national Principal's Leadership Award scholarship program, sponsored by the National Association of Secondary School Principals.

Gene Reynolds, principal of Johnson Bayou High School, announced the nomination, which places Sonnier in the national competition. One hundred national PLA winners will be chosen this spring to receive a college scholarship ranging from $1,000 to $12,000. High school principals from across the country were able to nominate one of their student leaders. Nominees were selected based on their leadership skills, participation in service organizations and clubs, achievements in arts and sciences, employment experience, and academic record. They were also required to write an essay.

4th Annual Hackberry Holiday Festival
December 6, 2007
Hackberry Community Center
5 p.m. to 8 p.m.

Community Christmas Event
Photos with Santa • Ornament Crafts • Cookie Decorating • Holiday Music Program • Live Christmas Tree Lighting • Face Painting • Cake Walk • Food and Beverages

Holiday Marketplace
Featuring local artisans, businesses and school organizations selling and taking orders for holiday gifts, crafts and goody mixes.

For information contact:
Kathy Helmer at 762-3305

Organized by the Hackberry High School Student Clubs and Organizations with generous support from these sponsors:

Santa Helpers:
Targa Midstream Services LP • Cameron Communications • Deep South Productions

Founding Partner and Event Underwriter:

Cameron LNG LLC
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'Little Chenier' to be shown at New Orleans premier

"Little Chenier," the movie which was shot in Cameron Parish in 2005 prior to Hurricane Rita, will have another premier at the Prytania Theatre in New Orleans on Dec. 15. The premier will also serve as a fundraiser for two non-profit organizations, Rita Remembered and the New Orleans Musicians Village.

This will actually be the third or more "premier" for the movie. One was held earlier this year at Lafayette and the film has been shown at numerous film festivals winning a number of awards. It still has not had a general release.

The film was written and produced by Bethany Ashton Wolf and her brother Jace Johnson, both of Lake Charles.

Little Chenier is the story of a young man who lives a simple life on a houseboat in the Louisiana bayou with his mentally handicapped brother until one is accused of a crime in the small town.

According to the Austin Texan, "Little Chenier could be the only movie to ever realistically capture the intricate beauty of Cajun life."

The film stars Johnathon Schaech (That Thing You Do), Fred Koehler (Divine Secrets of the Ya-Ya Sisterhood, Deathrace), Emmy-nominated Clifton Collins Jr. (Capote, Traffic, Tigerland), Chris Mulkey (Broken Trails, Twin Peaks), and Tamara Braun.

The awards Little Chenier has already won at some of the country's most prestigious film festivals include:

Park City Film and Music Festival, 2007, Audience Award for Best Feature;

Solstice Film Festival, 2007, Best Director, Best Cinematography, Best Original Score, Grand Jury Prize for Best Film;

Honolulu International Film Festival, Grand Jury Prize for Best Film;

Ace Film Festival, New York, Best Feature;

Phoenix Film Festival, 2007, Best Feature Film, Best Ensemble, Best Performance - Fred Koehler;

Cinema on The Bayou Film Festival, 2007, Audience Award for Best Feature.

Big Island Film Festival, 2007, Best Feature Film;

Everglades International Film Festival, South Africa Silver Medal for Best American Feature.

Hackberry News

By GRACE WELCH

CHURCH NEWS

Anyone wanting to have their name put on the Angel Tree must come in and sign up and bring proof of income. Any questions, please call the church office.

SPECIAL THANKS

A special thank you to all the ladies who made wonderful pies and everyone who bought them.

C.Y.O. YOUTH

There will be a meeting on Dec. 3, at 5:30 p.m.

CONFIRMATION

Confirmation classes will start again on Dec. 2.

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HOUSTON, TEXAS

It Seems Just Like Yesterday

By Keith Hambrick

Cameron Pilot
Nov. 28, 1974

TROOP LEADERS ARE ELECTED

Boy Scout Troop 202 of Creole held an election of Troop leaders Monday night, Nov. 19.

Jerome Carter was elected senior patrol leader with Gary Conner and Jeffery Jouett chosen as assistant senior patrol leaders. Kevin Savoie was named as scribe, Neil Carter, quartermaster and Greg LeBoeuf chosen librarian.

The troop members were divided into three patrols.

A Leadership Corps was formed. It is made up of older Scouts who will serve as instructors and advisors to the younger members. This new Corps consists of Luke Conner, Toby Landry, Todd Landry, Stanley Primeaux, Cecel Myers and Russell Savoie.

Troop 202 is sponsored by KC Council 3014 of Creole. Adam C. Conner is Scoutmaster.

EXPLORER POST IS ORGANIZED

The South Cameron Memorial Hospital's Medical Explorers Post 212 held a meeting Wednesday, Nov. 13.

Dale Bertrand organized the post. Kenneth Hooper is the Institutional Representative. Mrs. Lucy Abraham is Post Advisor.

Associate Advisors are Norbert LeBoeuf, Mrs. Lucille Arceneaux and Mrs. Peggy Reyes.

Officers are as follows: President, Cindy Morris; vice president, Francia Chaisson; secretary, June Arceneaux; treasurer, Carol Cockrell.

RICE ESSAY WINNERS

Winners of the Cameron Parish 4-H Seed Rice Essay contest were announced by Uland Guidry, Associate County Agent as follows:

Senior Division - 1st, Terry Beard, Grand Lake Sr. 4-H; 2nd, Suzanne Robicheaux, Grand Lake Sr. 4-H; 3rd Dinah Nunez, South Cameron High Sr. 4-H.

Junior Division - 1st Michael Prescott, Johnson Bayou Jr. 4-H; 2nd, Carey Bailey, Cameron Elem. Jr. 4-H; 3rd, Caroline Wilkerson, Cameron Elem. Jr. 4-H.

Blue Ribbon winners were Patricia Kelly, Pat Brown and Claire LaLande, all of Cameron Elem. Jr. 4-H.

PARISH GIVEN DAMAGE FUNDS

A check in the amount of $108,000 in federal funds was presented to the Cameron Parish Police Jury for damage incurred during the spring flooding of 1973.

Garner Nunez, secretary-treasurer of the Jury, accepted the check from Col. F. L. Morrison, Director of the Louisiana Civil Defense Agency, who made the presentation in behalf of Gov. Edwin Edwards.

The check presented Monday is an advance on a total amount of $144,097.80 approved for the Cameron Parish Police Jury by the Federal Disaster Assistance Administration.

ELEMENTARY CHEERLEADERS

The South Cameron Elementary Cheerleaders are Janice Nunez, Shanna Nunez, Stephanie Montie, Karen Savoie, Joycelyn McEvers, Recia LaBove, Daena Dupont and Stacy Mudd.

STUDENT IN 'RUDOLPH'

South Cameron Elementary School is proud to have as a student one of the dancers in the upcoming production of "Rudolph." She is Nancy Sensat, daughter of Lee Sensat, who is the Remedial Reading teacher at the school.

Wednesday Nancy and her mother visited the second grade. They showed the class how to put on stage make-up. The children watched as Nancy performed some of her dance steps.

TARPS ADVANCE IN PLAYOFFS

The South Cameron Tarpons advanced to quarter final playoff by defeating Iota in regional playoffs Friday night by a score of 25-21. The Tarpon will meet Haynesville at 7:30 p.m. Friday, Nov. 29, in Creole.

Boyd Smith was leading rusher in Friday night's game against Iota with 176 yards, including a 65-yard touchdown run. The longest play from scrimmage was a 75-yard touchdown pass from Kent Mudd to Russell Savoie.

TROOP GOES TO CAMPOREE

Fifteen members of Troop 202 of Cameron attended the Lakeside District Camporee at Camp Edgewood Nov. 15-17.

Members of the Coon Patrol were Jeffery Jouett, patrol leader, and Eric Baccigalopi, Mike Morris, Cline Nunez, Mike Nunez, Greg LeBoeuf and Gary Conner. In the Duck Patrol were Jerome Carter, patrol leader, and Neil Carter, Kent LaBove, Rod Dahlen, Peter Dahlen, Kevin Savoie, Jim Boudreaux and Shane Savoie.

COOKING CONTEST

The Youth Church Training class of the First Baptist Church of Grand Chenier held a cooking contest on "casseroles" recently.

A "girl only" contest, judges included the male members of the class. They were Willie McDonald, Jimmy Nash, Ralph Swire and Peanut Ellis.

Presenting the trophies was Church Training director Wayne O. Wood. Placing 1st, Randalyn Crain; 2nd, Cindy Nunez; 3rd, Melodie Swire.

Other contestants included Kathy Duncan, Rosalyn Crain, Vickie Nunez, Dena Ellis and Susan Elmer.

South Cameron High School News

4-H NEWS

Livestock Entry Packets were mailed to 4-H exhibitors. All livestock entry information is due by Dec. 7. There is a 4-H showmanship clinic Sunday, Dec. 2, at Burton Coliseum.

ATHLETICS

Letterman jackets and patches will be ordered on Dec. 10. The jacket is paid for by the Athletic Department. All accessories, extras and patches must be prepaid at the time the order is placed.

SENIOR BETA

Cookie dough orders will be in on Thursday at 10 a.m.

SENIOR NEWS

All seniors will be required to take senior portraits on Tuesday, Dec. 19, in the school library. Class dues of $5 must be paid by the Christmas holidays so that the class can focus on graduation. Seniors need to turn in a baby picture for the slideshow.

SCHOOL CALENDAR

Nov. 29 - Basketball - Hackberry Tournament SC vs Barbe (girls) 6:30 p.m.; SC vs (boys) 7:45 p.m.

Dec. 4 - Basketball Reeves (away).

Dec. 6 - Basketball Hackberry (away).

Dec. 11 - Student Council Meeting.

Dec. 11-13 - Parish Basketball Tournament (Johnson Bayou).

School Menus

Cameron Parish School lunch menus for the coming week are as follows:

Friday, Nov. 30 - Baked ham, lettuce cup, sweet peas, yellow cake, pineapple topping, wheat sliced bread, milk.

Monday, Dec. 3 - Hamburger, oven fries, lettuce cup, chocolate chip cookies, hamburger bun, catsup, milk.

Tuesday, Dec. 4 - Enchilada casserole, tossed salad, baked potato, chilled peach slices, wheat sliced bread, milk.

Wednesday, Dec. 5 - Chili dog, chili sauce, whole kernel corn, pickle wedges, apple crisp, hot dog bun, milk.

Thursday, Dec. 6 Beef nachos, salsa, pinto beans, fresh vegetables, cinnamon rolls, tortilla chips, salad dressing, milk.

81st Annual Christmas Festival
December 1
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The Cameron Pilot

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Basketball Results

By CHRIS & LAURIE MUELLER

BOYS

Westlake 60, Grand Lake 40 - Garrett Billiot scored 16 points for the Hornets and Jace Hebert added 14 in the Consolation game of the Westlake tourney.

Sam Houston 51, Grand Lake 46 - Garrett Billiot led all scorers with 19 points and Rennie Savoie added 10 points.

GIRLS

Welsh 43, Hackberry 28 - Allyson Sanner paced the Lady Mustangs with 12 points.

Hackberry 42, Westlake 32 - Allyson Sanner led all scorers with 19 points. Kayla Sanner and Brooke Wing chipped in 10 points each.

Grand Lake 38, DeRidder 32 - Liz Kingham was the leading scorer for the 13-2 Lady Hornets with 16 points.

Iowa 37, South Cameron 30 - Haley McCall chipped in 14 points for the Lady Tarpons.

Vinton 37, Hackberry 35 - Allyson Sanner scored 16 points for the Lady Mustangs.

Grand Lake 56, Leesville 32 - Liz Kingham outscored all players with 23 points. Kat Kingham added 10 points for the Lady Hornets.

Starks 58, South Cameron 44 - Whitney Richard chipped in 18 points for the Lady Tarpons and Rachael Fountain added 12 points.

Sheriff dept. report

The following arrests were made by the Cameron Parish Sheriff Dept. Nov. 21-27.

Jeremy James Melancon, 31, 369B Marshall St., Cameron, Fugitive Warrant.

Michelle Dowd, 22, 145 Amaco Rd., Cameron, Domestic Abuse Battery.

Keith Allen Meyers, 35, 5504 Stlla St., Chauvin, Public Intoxication.

Cheryl Ann Bacque, 25, 2375 Brackenridge, Lake Charles, Bench Warrant.

Richard D. Dronet, 2375 Brackenridge, Lake Charles, Bench Warrant.

Ducks Unlimited is given grant for conversation

Ducks Unlimited and partners receive $998,000 for Louisiana Gulf Coast restoration Federal NAWCA grant supports long-term wetland conservation.

Nov. 12, Ducks Unlimited was awarded a North American Wetlands Conservation Act grant to enhance over 1,300 acres of coastal marsh habitat in Cameron Parish. Partners contributed more than $2.2 million to match the $998,391 received from the federal grant. The project will restore high priority wintering habitat for waterfowl and other migratory birds along the Louisiana Gulf Coast.

"This project represents a continuation of long-term efforts to protect, restore and enhance important wetland habitats along the Louisiana Gulf Coast," said Bob Dew, Ducks Unlimited regional biologist in Louisiana.

"Louisiana's coastal marshes provide some of the most important wintering habitat for ducks in North America, but much of this habitat is threatened. Louisiana has already lost 1.2 million acres of coastal wetlands, and another one-half million acre loss is projected by 2050," Dew said.

Large areas of wetlands along the Louisiana Gulf Coast have been lost to subsidence, altered hydrology and saltwater intrusion. The overall health of the coastal marshes and the benefits they provide to the wildlife and people that depend on them are in jeopardy.

To help the coastal wetlands continue to fulfill their role, project partners will restore estuarine intertidal marsh by constructing levees and installing water control structures to manage water and salinity levels.

Greater than 75 percent of the North American gadwall population and substantial proportions of northern pintail, American wigeon, blue-winged teal, green-winged teal and lesser scaup populations annually over winter in the marshes and flooded agricultural fields along the Louisiana and Texas Gulf Coasts. Consequently, top priority has been placed on conservation of winter and migration habitat in this region.

"Like all of our projects, the partners involved in the Gulf Coast wetlands enhancement project make it all possible," Dew said.

Ducks Unlimited partnered with BP America, Louisiana Department of Natural Resources and USDA Natural Resources Conservation Service on this project.

"Louisiana's coastal wetlands are vitally important to the people who live here, the state's economy and the oil and gas industry," said Karl Connor, government affairs director for BP America. "It's important that we work together to restore America's Wetland. We are glad to partner with Ducks Unlimited on this project."

In Washington, D.C., Ducks Unlimited's governmental affairs staff works with Congress to raise support for annual funding of NAWCA. Congressman Charles W. Boustany, Jr. (R-La.) represents Louisiana's seventh district where this restoration project will occur.

"The importance of restoring our coastline in Louisiana cannot be overstated, and this grant to Ducks Unlimited recognizes their continued commitment to the people of Louisiana, our wildlife, and our way of life," said Boustany.

Senator Mary Landrieu (D-La.) also supports restoration efforts along the coast. "It is great news for Southwest Louisiana that Ducks Unlimited and its partners combined a federal grant and private dollars for a total of more than $3 million to restore the habitat for migratory birds," Landrieu said.

"Our wetlands have been disappearing at an alarming rate, and we are working at the federal and state level to restore them. This great news compliments the legislative accomplishments of passing the Water Resources Development Act and last year's success of finally securing revenue sharing for oil and gas revenues we generate off our coast," Landrieu said.

"The work of private citizens, like Ducks Unlimited, buttresses these efforts. I have long supported wetlands restoration in Cameron Parish and throughout South Louisiana and will continue to fight for all of Louisiana's coast," Landrieu said.

To date, NAWCA has helped fund more than 1,800 wetland projects on 23 million acres in all 50 states, every province of Canada, and areas in Mexico. Thousands of partners, including private landowners, corporations and state governments have worked together to conserve wildlife habitat through NAWCA grants.

Help Preserve Cameron's Wetlands

With more than a million supporters, Ducks Unlimited is the world's largest and most effective wetland and waterfowl conservation organization. The United States alone has lost more than half of its original wetlands - natures' most productive ecosystem - and continues to lose more than 80,000 wetland acres each year.

Cameron Outdoors

By LOSTON MCEVERS

HUNTING

Our hunting this past week was good, however, Friday through Sunday was tough as high cold winds and rain made it tough to hit the birds and the strong winds carried the birds you killed quite a ways, making those in the grass or canes hard to find.

I hunt the Grand Chenier marsh and we're not seeing many mallards or pintails, in fact not many gadwalls, but lots of teals and yes spoonbills. Now those marsh on the north side of Highway 82 are doing good, as well as the marsh further to the west in the south marsh. They're killing pintails and lots of gadwalls, along with teals.

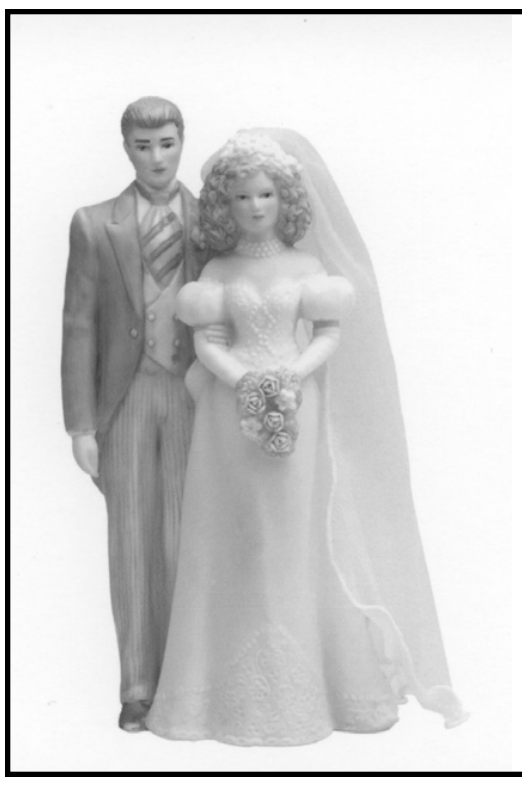
The 2006 Louisiana Department of Wildlife and Fisheries Harvest Card survey results for total deer harvested by Parish has been released. Union Parish has the top deer harvest of 4970 followed by Bienville Parish 3308 deer harvested. Our neighboring parish of Calcasieu had 481, while Vermilion had 184. Our Cameron Parish harvest was 224.

Last week I spotted a small group of Bobwhite Quail, (6), all young birds eating out in the open. This is something we don't see in our area anymore. Years ago, quail hunting was a popular activity all across the southern states, but now quail are few and far between.

AREA FISHING

The week of Thanksgiving is always a great week to hunt morning and fish afternoon. However, this past Thanksgiving was a different story, High winds, heavy rains and yes lightning strikes, plus cold weather didn't excite anglers.

Big Lake had been doing great with good catches of specks and reds, but I didn't get any reports, except some bank anglers and those reports weren't that great. We could see a warming trend this week and that would help anglers hit the lakes and areas again.



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First appointments must be made by calling 1.888.762.3252. Appointment times will be based on availability. You are encouraged to call as soon as possible to schedule your appointment.

Where are appointments available?

Appointments are available at 11 Housing Assistance Centers throughout Louisiana and in Houston. Advisory Service follow-up appointments will still be available after the **December 15** deadline.

What if I only applied for mitigation money?

If you applied for mitigation money only, you must still schedule an initial appointment by **December 1, 2007** and complete it by **December 15, 2007** in order to be eligible.

What if I live out of state?

Applicants who live out of state may choose to complete a phone interview and an application packet through the mail. However, program managers strongly encourage homeowners to complete appointments in person if at all possible. This will help expedite the processing of the homeowner's application. Out-of-state applicants must still call to schedule their appointments by **December 1,** and all materials must be returned by **December 15, 2007.**

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Cameron beaches were under health advisory

State health department figures show that beaches in Cameron Parish were under health advisories more often than not during the six-month monitoring period that ended Oct. 31.

Public health workers conduct weekly tests at 13 coastal beaches during the summer.

The eight beaches in Cameron Parish all remained under advisories against swimming this year for more than half of the summer.

By comparison, only three health advisories were issued this summer for the seven monitored beach areas on Grand Isle, and the popular beach at Cypremort State Park had three weekly advisories for the summer.

Health officials are uncertain about what causes the high bacteria counts in Cameron Parish.

Conventional wisdom had placed much of the blame on malfunctioning sewer systems at camps and homes along the beach. But Hurricane Rita washed away many of those structures, leaving behind a beach front that remains relatively bare more than two years after the storm.

Manure washing off of the vast coastal cattle fields also was suspected, but the cattle industry, though still strong in southwest Louisiana, suffered a setback with the hurricane.

"That kind of throws a new kink into it. If it's not those things, what is it?" said Linda Levy, administrator of the Water Quality Assessment Division for the state Department of Environmental Quality.

Levy said there has been talk of placing some of the beach areas on the state's "impaired waters" list, a procedural move that would prioritize the areas for pollution control.

Choose and cut Christmas season now in full swing

An annual tradition in the South is the opening of most "choose-and-cut" Christmas tree farms on the Friday following Thanksgiving.

For those who want to combine buying a tree with a memorable day for the family in the outdoors, visiting a Christmas tree farm that lets you choose and cut your own tree is a worthwhile experience, according to LSU AgCenter forestry and wildlife professor Dr. Donald Reed.

For the majority who purchase their trees at a lot, Reed offers a number of suggestions for selection and care.

"If you take the right steps after purchase and in the days leading up to Christmas, your tree will remain fresh and safe for enjoyment throughout the holidays," Reed said.

Christmas trees should be clean, healthy, well-shaped and straight near the bottom. They should have pliable needles, a strong fragrance and good color.

For a freshness test, pull on some needles to see if they stay on or fall off easily. Or shake the tree vigorously – only a few needles should drop off. Also ask the seller when the tree was cut because some northern trees are harvested in October. Some species of trees also dry out more quickly than others.

Louisiana-grown Christmas trees have the advantage of having been cut much closer to the time when the tree will be placed in the home.

The most popular tree is the Leyland cypress. It lasts several weeks, is better for people with allergies and keeps its needles longer than other Christmas trees. Your local LSU AgCenter extension office has a list of local growers.

If you buy your tree several days before it is to be decorated, Reed advises storing it outside in the shade and cutting the butt end of its trunk just above the original cut. This fresh cut opens the pores and helps the tree absorb water. Place the tree in water as soon as possible because water is crucial for keeping the tree fresh.

If several days have passed after purchase, saw the butt again, being sure to square off the base for future stability.

Keep the tree in water, and refill the container daily, keeping in mind that some trees may absorb as much as two quarts a day.

While the tree is still outside waiting to be brought in and decorated, you may want to sprinkle water on the branches and needles occasionally to help retain freshness.

For related holiday stories, click on the LSU AgCenter Web site, www.lsuagcenter.com. Also contact the county agent in your local parish LSU AgCenter office.

How to recognize if some is having a stroke

Act F.A.S.T.

FACE Ask the person to smile. Does one side of the face droop?

ARMS Ask the person to raise both arms. Does one arm drift downward?

SPEECH Ask the person to repeat a simple sentence. Are the words slurred? Can he/she repeat the sentence correctly?

TIME If the person shows any of these symptoms, time is important. Call 911 or get to the hospital fast. Brain cellls are dying.

POLICE JURY

Cont. from Page 1

The suit is necessary to allow maintenance tax funds to be used for rebuilding.

Broussard said the parish is on track with the acquisition of parcels of land necessary to rebuild the east annex on Court House Square. He said the plans are ready and the project will be bid out as soon as the land is acquired, with pilings to be driven as soon as February or March. Once construction begins on the east annex, work on the west annex will start, Broussard said.

The disposition of the rock which had been spread at the Cameron Recreation Center after the storm was discussed, with Parish Administrator Tina Horn saying that there will be enough rock there for many needs around the parish.

Emergency services were headquartered at the center and two ball fields were covered with rock to make a giant parking lot. The estimated 6000 tons of material has been piled up and will be sifted before removal. Plans include adding rock to the Jetty Pier parking lot as well as other areas.

A FEMA Project Worksheet will cover the replacement of dirt and grass at the ball fields once the rock is removed.

Parish Road Foreman Lee Faulk announced that Parish Road 217 will be open as soon as it is safe to do so. The contractor is applying asphalt and will replace guardrails before opening the road.

Pecan harvest is down from last year says LSU

Louisiana pecans are plentiful for holiday cooking - just not quite as many as last year's recording-breaking yield, according to Dr. John Pyzner, pecan-fruit specialist at the LSU AgCenter's Pecan Research and Extension Station in Shreveport.

This year the total harvest is expected to be 10-12 million pounds, down slightly from an average of about 14 million pounds. Last year's yield shot up to 21 million pounds, which was unusual, Pyzner said.

"It's normal to follow a year with higher-than-average yields with one that has lower-than-average yields," Pyzner said. "We aren't surprised."

Retail prices for good-quality pecans should be similar to last year's prices, Pyzner said.

Adverse weather conditions affected the yield of top-quality pecans at the station, according to Dr. Jere McBride, LSU AgCenter Northwest Louisiana regional director.

"In June and July there was so much rain, we couldn't control the insects and diseases," McBride said. "This prevented many growers, especially in northern and central Louisiana, from spraying their orchards properly for scab disease."

Extremely dry weather in August, September and October caused nut filling problems during that critical stage of pecan development, he said. In addition, the lack of rain caused the shuck to stick to the shell so that many pecans were late opening, which caused harvest to be late, McBride said.

Wholesale pecan prices for growers are fluctuating now, Pyzner said, because of volume in theU.S. market. Georgia, typically the No. 1 producer in the United States, retains that rank again with record yields. Louisiana is usually in fourth or fifth place, behind Texas and New Mexico, and competes with Arizona and Oklahoma in size of yield, Pyzner said.

Pecan production contributed more than $22 million to the Louisiana economy in 2006, according to LSU AgCenter figures.

The LSU AgCenter's Pecan Station is the only land-grant university research facility devoted solely to pecans. Special features include three greenhouses of 4,000 square feet for pecan research and approximately 80 acres of pecan research orchards ranging in age from 2 to 77 years. The station comprises about 100 acres all together.

The station's existence is currently threatened by the proposed route of Interstate 69, according to Dr. David Boethel, LSU AgCenter vice chancellor for research and director of the Louisiana Agricultural Experiment Station.

"We are the premier pecan research and extension center for this region," Boethel said. "We have been trying to inform pecan growers of this problem, and they have been very supportive of our efforts to get the route changed."

Ideas to help healthy sleep

A slice of cheese toast, a piece of fruit and a glass of milk may encourage a good night's sleep for restless children, according to Deborah Holder, assistant professor of nursing at McNeese State University.

Experts report that sleepiness among adolescents can cause moodiness, poor academic performance and overeating, Holder said.

Although certain snacks can have an adverse effect on otherwise fitful sleep, eating a complex carbohydrate and a protein can encourage a good night's rest. Holder recommended snacks that include toast, cheese, fruit, peanut butter, milk or crackers.

It has been recommended that parents create a bedtime routine to encourage restful sleep – bathe them at the same time every night, followed by a bedtime story, for example. Children, adolescents and adults should avoid physical activity, including exercise, within two hours of bedtime.

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Thank You from Dan "Blade" Morrish
I sincerely thank your for your prayers, your support and your vote on Election Day. You have placed your confidence in me to serve as your next state senator and I am honored to represent the great people of Southwest Louisiana. As we continue into this great time for our state, please do not hesitate to contact me at my legislative office if you have any questions, comments, or suggestions.
Thank you again for your support.
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Make ahead treats for unexpected company

(NAPSA)-When company comes to call, serving them fabulous foods can be a challenge unless you plan ahead. One idea is to choose make-ahead recipes, such as Caramel Pecan Rolls and Chocolate Tortoni, which can be stored in your freezer until needed. Then you'll have time to join in the fun.

Both these recipes can be found in a new, free cookbook from Karo Syrup. The cookbook contains 48 pages of delicious appetizer, main dish and dessert recipes.

Serving Caramel Pecan Rolls is a great way to get overnight guests out of bed in a hurry. Just prepare them up to a month ahead of time and store them in your freezer tightly wrapped in foil. The night before you plan to serve them, thaw the wrapped rolls on the counter. First thing in the morning, warm the rolls in a preheated 350-degree oven for 15 to 20 minutes until hot and gooey.

Caramel Pecan Rolls

Prep time: 1 hour
Rest/rise time: 1 hour
Bake time: 25 minutes
Makes: 2 dozen rolls

Rolls:
1 cup butter, softened
1/2 cup sugar
2 teaspoons salt
2 eggs
3 envelopes Fleischmann's® RapidRise Yeast
7 1/2 to 8 cups flour
2 1/4 cups very warm water (120° to 130° F)
9 tablespoons butter, melted
1 cup sugar
2 tablespoons ground cinnamon
2 cups (8 ounces) chopped pecans
Caramel Syrup:
2 cups (1 pound) butter
2 cups brown sugar
1/2 cup Karo® Light Corn Syrup
1 1/4 teaspoons pure vanilla extract
3 cups (12 ounces) whole pecans

MIX 1 cup butter, sugar and salt in a large bowl. Add eggs. In a separate bowl, combine yeast and 4 cups flour; mix thoroughly. Add flour mixture to butter/sugar mixture, then add water. Mix well and add an additional 31/2 to 4 cups of flour, 1 cup at a time, until soft smooth dough forms. Turn out on lightly floured surface.

KNEAD until smooth. Cover and let dough rest 10 minutes. Divide dough into 3 equal portions.

ROLL each portion out to an 14x8-inch rectangle on a lightly floured surface. Brush each with 3 tablespoons melted butter. Combine 1 cup sugar with cinnamon. Sprinkle 1⁄3 cup cinnamon sugar and 2⁄3 cup chopped pecans on each rectangle. Roll up from long side.

CUT each roll into 8 slices.

MELT butter in a saucepan. Add brown sugar, corn syrup and vanilla. Stir until blended. Place 1 cup caramel syrup and 1 cup pecans in each of three 13 x 9-inch pans (or 1/2 cup syrup and 1/2 cup pecans in 8-inch square baking pans). Place 8 rolls per 13x9-inch pan, or 4 rolls per 8-inch pan, cut side down. Cover.

RISE until double, about 45 to 50 minutes.

BAKE at 325° F for 15 to 20 minutes for 8-inch pans and 20 to 25 minutes for 13x9-inch pans. Cool slightly before turning out of pan.

If you find yourself hosting a few friends on short notice, you may want to serve dessert instead of an entire meal. Chocolate Tortoni are perfect little rounds of pure delight that can be made ahead and frozen until ready to serve.

Place small dishes of toppings, such as grated chocolate, chopped nuts or whipped cream, alongside the Tortoni so guests can help themselves. Serve with fresh fruit, assorted cookies and hot coffee and teas.

Chocolate Tortoni

Prep Time: 40 minutes
Chill Time: 4 to 6 hours
Makes: 18 servings

2/3 cup Karo® Light or Dark Corn Syrup
8 ounces semisweet chocolate squares
2 cups (1 pint) heavy cream, divided
1 1/2 cups broken cookies (chocolate wafers or other crisp cookies)
1 cup coarsely chopped walnuts

LINE 18 (21/2-inch) muffin cups with foil or paper liners; set aside.

COMBINE Karo® and chocolate in a large heavy saucepan; stir over low heat just until chocolate melts. Remove from heat.

STIR 1/2 cup cream into chocolate mixture until blended. Refrigerate mixture for 25 to 30 minutes or until cool. Stir in cookies and walnuts.

BEAT remaining 11/2 cups cream in a small bowl with mixer at medium speed until soft peaks form; gently fold whipped cream into chocolate mixture just until combined. Spoon into muffin cups.

FREEZE 4 to 6 hours or until firm. Let stand at room temperature several minutes before serving. Store covered in freezer up to 1 month.

Send a request for the Free Karo 48-Page Cookbook, along with $1 for shipping and handling, to: Free Karo Cookbook Offer, Dept. 4987, P.O. Box 5007, Stacy, MN 55078-5007.

Italian Sausage, Peppers & Onions

2 lbs Italian link sausage, browned
1 jar of spaghetti sauce
1 large green bell pepper, sliced into thick strips
1 medium onion, sliced
1 tsp garlic powder
1 tsp dried basil
1 tsp dried oregano
Put all ingredients in slow cooker.
Cook on low for 4 hours.
Serve on hard rolls or hoagie rolls.

✳ ✳ ✳ ✳ ✳

Wholesome eating includes whole grains

(NAPSA)-Food for thought: Scientists say there are many clinically demonstrated and potential health benefits in what you eat. Not only are new food products being developed to help keep you healthy, more and more Americans are discovering the health benefits of many traditional foods.

"Bread, for example, has long been known as the staff of life. Bread is a functional food that contains a variety of nutrients and tastes great," said Judi Adams, MS, RD. "Both whole and enriched grains contain numerous benefits the public may not fully realize."

Grains' Gains

Take a look at a few of the ways certain foods may do you good:

• Whole grains are a natural and important source of antioxidants and fiber including B vitamins, vitamin E, magnesium and iron, among others. As part of a healthy diet, whole grains may reduce the risks associated with heart disease, stroke, cancer, diabetes and obesity.

• Foods made of wheat, rye, oat and other enriched grains and flours provide a low-fat, low-calorie and nutritious source of essential carbohydrates.

• Enriched white bread is fortified with folic acid, which has been proven to reduce the occurrence of neural tube defects. In fact, enriched grains are the primary source of folic acid in Americans' diets and, according to the Centers for Disease Control and Prevention (CDC), have been credited with lowering the rate of certain birth defects by 34 percent or more.

• Folic acid, added to enriched grains at twice the amount of what's found in whole grains, is the key source of iron and fiber in children's diets.

• Food enriched with folic acid has also been linked to decreasing the risk of coronary heart disease, stroke, hypertension, Alzheimer's disease and some cancers.

More Good News

As science and technology continue to advance, new ways to bake extra goodness into bread are being discovered. The popularity of whole grain products and blends has encouraged hundreds of new products in the past few years.

These new bread products pack in more nutrients than ever before through unique grain combinations and increased fortification. For example, some breads are fortified with omega-3's, which have been linked to heart health; calcium, which is beneficial for bone health; and various kinds of fiber. Bread bakers have even created gluten-free breads for people with celiac disease and other wheat allergies.

Additionally, the Grain Foods Foundation reports that innovations such as white whole wheat flour have led to breads that have the look and texture of white bread but all the additional nutrients of whole grain flour. White whole wheat gives consumers who love the taste of classic white bread all the additional nutrients found in whole grain.

Doing Your Part

Registered dietitian Sylvia Meléndez-Klinger, RD, MS, LD, NCSF suggests four food types that can help you stay healthy:

1. Fruits, vegetables and grains such as blueberries, grapes, citrus, carrots, pumpkins, sweet potatoes, tomatoes, broccoli and spinach provide antioxidants that may benefit the heart and reduce cancer risk.

2. Fiber-rich foods (especially soluble fiber) may help lower blood cholesterol and offer protection from heart disease. Soluble fiber (fiber that dissolves in water) is found in oatmeal, oat bran, rice, wheat bran, barley, canned or cooked dried beans (such as kidney and pinto beans), and many fruits and vegetables.

3. Soybeans and soy products such as soy milk, tofu, tempeh, and soy burgers may contain nutrients that promote heart health. They have an ability to help lower total cholesterol and LDLs (the bad cholesterol).

4. Fish rich in omega-3 fatty acids may reduce the risk of heart disease. The American Heart Association recommends two weekly servings of fatty fish, such as tuna or salmon.

Learn More

For more information about the benefits of grain foods, visit www.grainpower.org; write the Grain Foods Foundation, 490 Bear Cub Drive, Ridgway, CO 81432; or call (970) 626-5183.

Plant strawberries now enjoy them next spring

By DAN GILL
LSU AgCenter
Horticulturist

Fresh, ripe strawberries are a favorite with just about everybody, and now is a great time to plant them into your garden. Strawberries are best planted from late October through November for production next spring. They are easy enough that growing a crop is a fun project for kids at home or in school.

Some local nurseries, garden centers and feed and seed stores carry strawberry transplants in the fall. It is important to choose cultivars that will produce well in Louisiana growing conditions. The best varieties for us to plant are

Festival – developed by the University of Florida. Earliest maturing variety, medium-long fruiting period, light red, medium to large berries, good quality, not susceptible to anthracnose fruit rot.

Camarosa – developed by the University of California. Early, firm, high yields, long fruiting period, large and extra-large berries, only fair quality, susceptible to anthracnose fruit rot.

Camino Real – developed by the University of California. Later than Camarosa, produces large to extra-large berries, firm, good shaped fruit with good quality.

Chandler – developed by the University of California. High yields, medium maturity, deep red berry, somewhat soft, good quality, very susceptible to the development of misshapen fruit when blooming during times of low temperatures, susceptible to anthracnose fruit rot.

In order for the plants to produce well, the bed should be in full sunlight and well-drained. To ensure excellent drainage, it is best to grow strawberries in a raised bed or raised row. Since this is the way we generally grow vegetables, you can just use the same setup if you have an established vegetable garden.

The easiest way to make a raised bed is to nail together landscape timbers (available at building supply stores) two or three timbers high, or use 2-by-8-inch or 2-by-12-inch boards. Make the beds about 2 feet wide and as long as desired. Fill the bed with a good quality topsoil or garden soil mix available from local soil companies or nurseries.

To create a raised row, turn the soil in the area to be planted. Add a two-inch to four-inch layer of organic matter (compost, rotted manure, peat moss) and thoroughly incorporate it into the soil. Next, using a hoe and shovel pull soil up from both sides, where the walkway is, into the area to be planted. Create a raised row that is about 8 inches above the surrounding soil and about 12 inches to 24 inches wide across the top.

After the raised bed or raised row is created, sprinkle a general purpose fertilizer following package directions over the area and work it into the upper few inches of soil. Make a second fertilizer application in January or early February.

Since the fruit of strawberries is produced at ground level, the plants must be well mulched. This will keep the fruit from coming into contact with the soil and reduce fruit rot. You can use an organic mulch such as pine straw, or black plastic.

Black plastic typically is used by commercial growers for several reasons. It is much easier to apply black plastic over raised rows using equipment, and it also is less expensive. In addition, the black plastic mulch absorbs the heat of the sun, warming the soil and encouraging earlier production in the spring.

Rolls of black plastic mulch are available at local nurseries, but for small plantings you can slit a large black plastic garbage bag down each side and have enough material to cover an area about 2 feet by 6 feet. The edges of the black plastic must be firmly buried in the soil or pinned down with U-shaped pieces of wire around the edges of the bed to prevent the wind from blowing it away. Black plastic must be applied before you place strawberry plants into the bed. If you plan to use pine straw mulch, you may apply it after planting.

If planting through black plastic, simply make holes spaced properly along the row in the plastic. On single-planted rows, space plants 10 inches to12 inches apart in the center of the row. On double-row berries, space the plants 14 inches to 16 inches apart, alternately along the row with 10-inch spacing between parallel rows.

Dig the planting hole large enough and deep enough to accommodate the root system, then place the roots into the hole. The plant roots should extend vertically in the soil and spread out like a fan. Fill it with soil and firm the soil around the crown – the point where the roots and leafy part of the plant join. Provide water as needed for your plants during winter and spring.

Flower production can start as early as late January or February, depending on the weather. Berries should be ready to harvest from mid-March through mid-May. Strawberry plants are quite hardy and will need no protection during the winter. Should freezing temperatures threaten early flowers or fruit, protect them by covering the plants with fabric or canvas sheets, plastic or pine straw. Remove the cover when freezing temperatures are over.

There are a few pests you may have to deal with. Control spider mites and aphids with sprays of insecticidal soap. Make sure you spray thoroughly under the leaves. Snails and slugs love to feast on the ripe berries, as do birds. Control snails and slugs with traps or baits. Stop bird damage with bird netting draped over wire arches above the plants.

Get It Growing is a weekly feature on home lawn and garden topics prepared by experts in the LSU AgCenter. For more information on such topics, contact your parish LSU AgCenter Extension office or visit our Web site at www.lsuagcenter.com. A wide range of publications and a variety of other resources are available.

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THE SAVVY SENIOR

By JIM MILLER

Dear Savvy Senior,

When my 62-year-old brother applied for his retirement benefits early this year, he found that Social Security had made several mistakes on his earnings record in past years. The result was his monthly benefit check was much lower than it should have been. It took him months to straighten it out. How can I prevent this from happening to me?

Social Insecurity

Dear Insecurity,

The best way to keep an eye on your personal Social Security records is to carefully review your yearly Social Security statement, and don't be surprised if you uncover an error. Government watch groups estimate that the Social Security Administration (SSA) makes mistakes on at least 3 percent of the total official earnings records it keeps. Here's what you should know.

Earnings Errors

Social Security benefits are based on your 35 highest-earning years as reported to the government by your employers. If an employer has given the government incorrect salary data or if the government has erred in recording the information, you want to get it corrected as quickly as possible.

Otherwise you may not get the full amount you're entitled to when you retire. So, when you receive your annual Social Security statement, take the time to compare the earnings listed in the statement with income listed on W-2 forms in your tax records. And if you spot a discrepancy, follow these steps:

· Call your nearest Social Security office (see www.ssa.gov/locator or call 800-772-1213 to get the number) to report the error. Some corrections can be made over the phone. However you may need to schedule an appointment and go in with copies of your W-2 forms or tax returns to prove the mistake, or you can mail it in.

· If you suspect a discrepancy but don't have backup records, the SSA may be able to use your employment information to search its records and correct mistakes. If the SSA can't locate your records, you'll need to contact the employer to obtain a copy of your W-2 for the year in question.

· Once your earnings record is corrected, SSA will send you a confirming letter. If you don't receive the confirmation within three months, contact SSA again. And double-check the correction by making sure it appears on next year's statement.

· If corrections aren't made on the next statement you receive, start an appeals process (see www.ssa.gov/pubs/10041.html).

Note: SSA statements are mailed annually (about three months before your birthday) to everyone age 25 and over who is not already receiving Social Security benefits. If you're not receiving yours, see www.ssa.gov/mystatement.

Other Mistakes

Earnings miscalculations can also happen if the SSA didn't have your correct mailing address. If you don't receive your annual statement, that's a tip-off. If there is a mistake, contact the IRS (SSA depends on the IRS for addresses) at 800-829-3676 and ask them to mail you the "Change of Address" form 8822, or print it off at www.irs.gov/pub/irs-pdf/f8822.pdf, fill it out and mail it back to the address on the form.

Two other factors that can cause mistakes are if you changed your name following a marriage or divorce, or if your date of birth in SSA records isn't the same as it appears in IRS files. Double check your SSA statement for these possible mishaps and make sure your earnings data matches the amounts on your W-2 forms.

And whenever you change your name, or if you notice a birth date error call the SSA (800-772-1213) and ask for Form SS-5, "Application for a Social Security Card," and submit it with the correct information. The form can also be downloaded at www.ssa.gov/online/ss-5.html.

Calculation Errors

Even when all the earnings data is correct, the SSA occasionally errs in calculating benefits. You can double check their calculations by using SSA's formula found at www.socialsecurity.gov, however the math is rather complex. If you think your benefits have been miscalculated, point it out to your local SSA office and ask them to recalculate.

If they do find an error, make sure you receive a confirming letter and that the correction appears on next year's statement. If you're already receiving benefits, the SSA will reimburse you for the amount of the error.

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" books.

New to Medicare; here are the ABC's

(NAPSA)-You may have learned the alphabet in first grade, but now, if you or someone you love is a senior citizen, it may be time to learn the Medicare alphabet. Medicare has several different parts. Knowing how they work could save you or someone you love money-and could even help you get better care.

Medicare Parts A and B have been around since the beginning of Medicare in the 1960s. Part A covers hospital visits, skilled nursing facilities and some home health care. Part B covers doctor visits, outpatient visits and durable medical equipment. Together, Parts A and B are referred to as "traditional" fee-for-service (FFS) Medicare, or sometimes as "Original Medicare." It is estimated that FFS Medicare only covers about 50 percent of the health care costs incurred by beneficiaries. That is why some people who choose FFS

Medicare also obtain a Medicare Supplemental plan. This type of health insurance is also known as Medigap coverage. Medigap plans do just that-cover the "gaps" that FFS Medicare does not cover. However, Medigap plans can be extremely costly. As a result, many seniors are attracted to the broader coverage and more predictable costs of Medicare Part C, commonly called Medicare Advantage.

Extra Benefits

Medicare Advantage plans offer extra benefits such as vision coverage, annual physicals and chiropractic, and many also include coverage for medications. These plans help with your coordination of care across the provider spectrum. A newer type of Medicare Advantage plan, the private fee-for-service plan, gives members the freedom to obtain care from any doctor or hospital that accepts payment from Medicare, with no network restrictions and no need for referrals.

Part D is prescription drug coverage, which started in early 2006 and has turned out to be more popular than expected. Both Part D and Medicare Advantage plans are offered through private health care companies, either as separate options or together in one plan. Some of the plans do not have premiums while others do have monthly premiums. Those plans can vary depending on where you live and the services covered.

"It all sounds confusing at first," said Mark El-Tawil, chief Medicare officer of Health Net, Inc. "But you don't need to be an expert to figure out what's best for you. The important thing is to understand your personal options, and to choose the one that will provide you with the most comprehensive benefits at the lowest cost."

Dates To Keep In Mind

In addition to the Medicare alphabet, there are some numbers you should keep in mind as well. You are eligible to join Medicare on the first day of the month in which you turn 65-so if your birthday is June 24, you can start on June 1. Most people will automatically get a Medicare card in the mail a few months beforehand.

Once you are on Medicare, you can change your Medicare Advantage or prescription drug plan each year during the Annual Election Period, which runs from November 15 to December 31. During this period, you can pick any plan that is offered in your area. Most beneficiaries can choose between dozens of plans.

To see your options, go to www.medicare.gov.

The dates from January 1 to March 31 are called the Open Enrollment Period. During this time, you can make one "lateral move" to a different plan of the same type. For example, if you have a plan with drug coverage, you can switch to a different plan that also has drug coverage.

"With the wide array of Medicare options, you have the ability to customize your coverage to really meet your needs," said Health Net's El-Tawil. He recommends one other alphabetical aid, saying, "In reviewing your options, the most important factors are often the 4 Cs-Cost, Customer Service, Convenience and Coverage."

Start by looking for reasonable costs for monthly premiums and deductibles, along with low co-payments for your particular prescriptions. Look at customer service. Are the people at the plan helpful? Do they understand your personal needs?

Then think about convenience. If your plan does not have an agreement with your favorite pharmacy, you will spend time traveling to different drugstores. Coverage is one of "the 4 Cs" because every Medicare plan does not cover every medication. If there are prescription drugs you currently take or expect to take, make sure they are covered. Otherwise, you could be enrolled in a plan that does not pay for the medications you need.

Soon you will begin thinking about your Medicare coverage for 2008. Consider your choices and remember the 4 Cs. Get help if you need it. Start with your friends and family or neighborhood senior and community centers. Also, you can go to www.medicare.gov.

How to avoid falls

(NAPSA)-How likely are you or an elderly loved one to suffer a fall? According to the National Institutes of Health, more than one in three people age 65 or older fall each year, and over 1.6 million will visit an emergency department for fall-related injuries.

"Falls threaten what seniors value the most-their independence," says Scott Perry, president of Bankers Life and Casualty Company, a national insurer specializing in seniors. "A fall can lead to a broken hip or another injury that can change a senior's life in an instant."

Perry's company sponsored a study, Aging in America, which found that while the overall top aging fear was Alzheimer's disease, more than half the respondents worried over losing their physical abilities as they aged. Women in particular had a much higher fear of slipping and falling than men.

Bone and muscle changes that come with age put seniors at an increased risk of severe injuries from falls. There are, however, simple steps that seniors can take to reduce their risk.

Fallproof Your Home

Begin prevention efforts in your home, where most falls occur.

Clear your stairs and floors of all objects, including seemingly harmless ones, such as toys and magazines. Keep electrical cords out of sight and remove-or secure to the floor-small throw rugs.

In addition, the National Safety Council recommends these steps for safety in the kitchen and bathroom:

- Wipe up spills immediately.
- If you must reach for something up high, do so with the aid of a sturdy step stool with handrails.
- Keep a night-light on in your bathroom.
- Install grab bars by toilets and in the shower and tub.

Take Care Of Yourself

Enlist the help of your health care providers in planning your fall prevention strategy.

Have your eyes checked regularly to correct deficits.

Review medications with your doctor so you'll know how to reduce any side effects-such as dizziness-that can cause a fall.

Your doctor can also identify exercises to improve your strength and balance. The Home Safety Council notes that gentle exercise programs, such as tai chi, have been shown to improve balance and strengthen muscles safely.

Finally, consider purchasing a personal alarm in case you fall and can't get up. Many hospitals have such programs in place. As with all your fall prevention strategies, don't wait until you fall to take action.

For more tips for seniors, visit www.Bankers.com and click "Senior Resources."

Fact finding about Medicare programs saves money

(NAPSA)-The right Medicare plan lets you get on with your plans. You want to enjoy your life. So the last thing you want to do is spend your days thinking about your Medicare plan.

That's why you should do a quick review of your 2008 coverage and decide if you need to make any changes for the next year. You should make a decision based on cost, coverage and customer service. Then, you won't have to worry about it later.

Take a few minutes to review your coverage and any changes to it for 2008. Just like many other people with Medicare you know, you can get the most out of your Medicare.

Carla, a former school teacher, found a plan that will save her $2,400 a year! Review the plans to get some savings; it isn't very complicated. Here's how:

1. Gather information about your prescriptions and providers. Keep and review information sent to you by Medicare, Social Security or your current plan that talks about changes to your coverage for next year.

2. Compare plans in your area. Ask yourself these questions:

- Cost: Will your premium and other costs change in 2008? Are there plans that will cost you less?
- Coverage: Are your doctors, hospital and pharmacy part of your plan in 2008? Will the prescription drugs you take be covered by your plan?
- Customer Service: Are you satisfied with your plan's service?

3. Decide which plan is right for you for 2008. Even people who get extra help paying for their prescription drug costs should review and compare plans each fall.

You can enroll in a different plan or add prescription drug coverage from Nov. 15 - Dec. 31. However, if you are satisfied with your current plan's cost and coverage for next year and the customer service you receive, you don't need to do anything.

If you're not sure where to start, there are plenty of ways to get help-check for Medicare events in your community, visit www.medicare.gov on the Web, or call 1-800-MEDICARE (TTY 1-877-486-2048). You can also contact your office on aging, your local State Health Insurance Assistance program, or the health or drug plan to get help.

Important Medicare Enrollment Dates:

Nov 15-Open Enrollment Begins

Enroll as soon as possible-the sooner the better-to avoid any inconvenience at the pharmacy counter in January.

Dec 31-Open Enrollment Ends

Jan 1-Coverage Begins

This message is brought to you by the U.S. Department of Health & Human Services.

www.medicare.gov
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'Deck the Halls' with holiday flowers

(NAPSA)-You can make your holiday spirits bloom by decking your home with flowers-especially if you feel a little low in the morning hours.

Participants in a Harvard study confirmed they feel least positive in the early hours but reported being happier and more energetic after looking at flowers first thing in the morning.

"The morning blahs, it turns out, is a real phenomenon," says lead researcher Nancy Etcoff, Ph.D. "Interestingly, when we placed a small bouquet of flowers into their morning routine, people perked up."

Festive Flowers

According to Jill Slater, designer for flowerpossibilities.com, adding flowers all around the home this season is simple. She offers the following festive flower recipe and suggests placing flowers in the kitchen and other areas of the home where they can be enjoyed by everyone first thing in the morning and throughout the day.

Ornamental Overture

Ball ornaments fill a bowl of greenery, pinecones and berries. Fill some of the ornaments with flowers, too!

Materials

- 1 shallow bowl, 10 inches in diameter
- 10 to 15 round Christmas balls of varying sizes and color
- 3 to 4 Rubrum lilies, or substitute with white Casa Blanca or pink lilies
- 5 to 7 stems of Christmas greens (if necessary, cut them from the back of the tree)
- 3 to 5 pinecones and/or 3 to 5 sprigs of holly
- Bubble gum, Play-Doh or floral clay
- Flower food/preservative
- Floral clippers

Directions

1. Fill the bowl with ornaments.
2. Slip greens, pines and/or holly between the ornaments.
3. Remove the cap from 3 to 4 of the ornaments that are on top and dispersed throughout the bowl and fill them with water that has been treated with flower food/preservative.
4. Cut the stems of the lilies very short and insert them into the ornaments.
5. Use gum, Play-Doh or floral clay to secure floral ornaments in the arrangement.

For more information and suggestions, visit www.flowerpossibilities.com

Poinsettias are a sign of the Christmas season

(NAPSA)-If there is one flower that's recognized as a sign of the holidays, it's the poinsettia. In addition to their role as traditional Christmas decorations, poinsettias can serve as tokens of goodwill, friendship and joy during the season and beyond. More than 50 million Americans will purchase a poinsettia plant this holiday season.

While 75 percent of consumers are said to prefer the familiar red version, there are currently more than 100 varieties available. White, pink, yellow and even variegated poinsettias are gradually gaining popularity.

Named after Joel Poinsett, who introduced this indigenous Mexican plant to the United States during the 1800s while he served as the nation's U.S. ambassador, poinsettias have become America's best-selling potted plant. More than 85 percent of all potted plants sold annually are poinsettias.

Here are some care and handling tips for your own holiday classic from the floral experts at 1-800-FLOWERS.COM:

- When purchasing your plant, select a poinsettia with dark green foliage, strong, stiff stems and completely colored flowers. Make sure your plant has no fallen or yellow leaves and that it is fully balanced and attractive from all sides.
- Poinsettias thrive on bright, sunny natural daylight. Place your plant in indirect sunlight for at least six hours per day. Keep your room temperature between 68 and 70 degrees. Do not place your plant near drafts, heating vents, or appliances.
- Water the plant when the soil surface feels dry to a light touch. It's very important not to allow your plant to sit in standing water.
- It is not necessary to fertilize your poinsettias when they are in bloom. However, after the holidays, a balanced, all-purpose household plant fertilizer will help maintain the rich, green foliage color and promote new growth.
- Do not place your poinsettia outside, as the plant is sensitive to chilling temperatures.

Visit 1800flowers.com on the Web for a wide selection of poinsettia plants and other great holiday gifts.

Time saving tips for the holidays

(NAPSA)-There are a number of ways to take the hustle and bustle out of the holiday season, leaving you with more time for friends and family. Try these expert tips:

Best Of Both Worlds

A number of Web sites now let you shop online and then go into a store to pick up your purchase. It's a great way to quickly comparison shop and also a good quick fix for last-minute shoppers who can't wait for an online purchase to be delivered.

Make A List

Santa does it and you should, too. Lists can keep you organized during holiday rushes and help you feel more relaxed and in control. Have a list of things to do, a list of appointments to keep and-of course-a shopping list.

Keep Meals Simple

Stick with one-pot dishes as much as possible to make cooking time shorter and easier. Also, consider having a sandwich night from time to time. Let kids make their own sandwiches, serve with some carrot sticks and you've got a fast, healthy meal.

Take Work Out Of Chores

Use simple shortcuts for household chores. For instance, Miele's rotary iron can help you make quick, professional work of pressing linens, tablecloths, towels and fine holiday clothing. The company says the product is 30 to 50 percent faster than conventional irons and its ergonomic design lets you sit comfortably while pressing. It even neatly folds large tablecloths and linens as they pass through the iron.

Little Helpers

Delegate some of your holiday tasks among family. Have younger children help you decorate and wrap gifts. Older children can be put in charge of prepping the house for guests and choosing music for holiday gatherings.

For more information, visit www.miele.com or call (800) 843-7231.

How to find the perfect artificial Christmas tree

(NAPSA)-For hundreds of years, the Christmas tree has been a popular symbol of the holidays. Recently, artificial trees have gained in popularity for their practicality. In 2006, 56 percent of homes that celebrated the holidays with a Christmas tree used an artificial tree, according to a poll by the artificial tree industry. Artificial trees are easy to set up, they don't need water, they don't shed and they can last for years.

Thomas Harman, CEO of Balsam Hill, a company specializing in artificial trees, offers these tips for selecting an artificial tree.

The Lights

Untangling and stringing the lights makes setting up a tree difficult. Ninety percent of the artificial trees bought last year were pre-lit.

"Look for 100 lights per foot," says Harman. "A seven-foot tree, the standard for most homes, should have at least 700 lights on it."

The Realism

Today's artificial trees are often molded from polyethylene, or PE. PE trees have the best quality, color and shape. "Our True Needle BH Balsam Fir looks just like a real balsam fir in color and needle shape," says Harman.

Shoppers can view and buy a variety of PE trees based on real-tree varieties at www.balsamhill. com.

For less money, shoppers can opt for something less realistic but still good quality. Look for branches with a mix of brown and different shades of green in the branch. Or try a different color altogether. Sites such as www.treetopia.com offer tinsel trees in fun colors.

Warranty

Even if you spend a lot for the most realistic, pre-lit tree, it will last for years and save you money over time. A good tree should last at least 10 years. Look for a good manufacturer with a warranty of no less than five years on the tree and no less than three years on the lights.

Proper storage will also extend the life of the tree. Most manufacturers will provide a storage bag for the tree. Balsam Hill also recommends storing the tree in its shipping box to prevent crushing it in storage.

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Area pipeline companies are hosting an informal meeting to educate the public on Louisiana One Calls, location of company pipelines, etc. If you have any questions, please contact Tammy Trahan Williams at 337-569-7602 or Cindy McGee, Cheniere at 337-569-2311.

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THE SAVVY SENIOR

By JIM MILLER

Dear Savvy Senior,

Can you alert your readers to the national digital television transition that's coming in early 2009? I work with the Federal Communications Commission (FCC) and we need journalists like you to write articles to inform the public (especially seniors) about what they may need to do to keep their television sets working.

Senior Alert

Dear Alert,

There's no doubt that most Americans are still in the dark when it comes to the looming digital television switch-over, and lower income seniors may be particularly vulnerable. Here's what viewers need to know about the national digital TV conversion, who it will affect and what they can do.

TV Changes

If you still use an antenna to watch your favorite news and television programs, in just 15 months (at midnight on Feb. 17, 2009), your picture will disappear forever unless you make a change.

Why? The government is requiring all broadcasters to convert their signals from old-style analog (which have been used for 60 years) to new-style digital. The key reason for the conversion is to make better use of the public airwaves. Digital broadcast signals are superior to the analog system and take up less spectrum, so once broadcasters make the transition it will free up a big chunk of the airwaves and allow the government to auction it off and dedicate some of it to public safety. In other words, it's technology moving forward.

Who's Affected

If your television set is hooked up to a cable or satellite service, or if you have a new TV with a built-in digital tuner (check your manual), don't sweat it. You don't have to do anything. But if you have an older television that works with the help of a rooftop antenna or "rabbit ears," you'll have to make a change if you want to keep watching TV after Feb. 17, 2009. Your options are either to:

· Buy a DTV converter box for your existing television. They are expected to cost between $50 and $70. To help offset the costs, the government is offering all households (regardless of income) up to two coupons, worth $40 each, to be used toward the purchase of up to two coupon-eligible converter boxes. Coupons cannot be combined to purchase a single converter. The coupon program is available on a first-come, first-served basis starting Jan. 1, 2008, through March 31, 2009. Seniors living in nursing homes or assisted living facilities won't be able to redeem coupons because they do not live in their own households. To learn more call 888-388-2009 or visit www.ntia.doc.gov/dtvcoupon.

· Buy a DTV converter box with enhanced features, such as one with a DVD recorder (see dtvfacts.com). They start at around $150, but are not eligible for the $40 coupon program.

· Subscribe to your cable or a satellite provider.

· Buy a new television set with a digital tuner. Most TV's sold in stores today have built-in digital tuners, but it's wise to double-check with the retailer just to be sure.

Savvy Notes: According to the National Association of Broadcasters, nearly 20 percent, or more than 20 million U.S. homes, rely strictly on antennas to receive free over-the-air broadcasts, and another 14.7 million have at least one antenna-powered TV. Starting next month television stations will start running public service announcements on the digital transition, how it may affect you, and what you may need to do to continuing watching television. You can also find lots information and answers to your specific questions at www.dtv.gov.

Pointers on how to buy an HD TV

(NAPSA)-Increasingly, broadcasters and viewers alike are giving High-Definition TV high marks.

If you think you're ready to make the leap, here are a few points to keep in mind:

• Purchase an HDTV-ready or HDTV-capable television set. There are several kinds of HDTVs, such as rear-projection, plasma and LCD, but the two main distinctions you need to be aware of are HDTV-ready and HDTV-capable.

HDTV-ready means that the television has an HDTV tuner built in that enables it to receive over-the-air high-definition signals from your local networks. HDTV-capable means that the television is able to receive HD signals, but only in conjunction with the use of an HDTV converter box from your cable or satellite provider.

• Get an HDTV converter box from your cable or satellite provider. Depending on your HDTV programming service provider, you may be able to lease one for $5-$10 a month. There are great deals and trial offers right now, so shop around.

• The channel you want to watch must be broadcast in high definition to see it in true HD. All the major broadcast networks (ABC, CBS, NBC, PBS and FOX) transmit at least some programming in HD. DIRECTV announced that it would have 100 HD channels on its service by year's end. Many cable networks are offering HD versions of their popular channels.

For example, Discovery Communications recently launched HD simulcasts of Discovery Channel, Animal Planet, TLC and Science Channel. Besides your local broadcast networks, there are HD channels in just about every possible genre: news, sports, documentary, nature, science, movies, music, history, home improvement, cooking-even reality.

• HD versions of your favorite channels are often on a completely different end of your on-screen channel guide.

The good news is that most HD channels are grouped together to make things a little less confusing.

Once you decide on an HD television set and have your HD converter box hooked up, you're ready to go.

Healthy snacks for healthy sleep

A slice of cheese toast, a piece of fruit and a glass of milk may encourage a good night's sleep for restless children, according to Deborah Holder, assistant professor of nursing at McNeese State University.

Although 90 percent of American parents think their children are getting enough sleep, a survey by the National Sleep Foundation found that half of all adolescents get less than seven hours of sleep on weeknights. Sixty percent of high school students reported extreme daytime sleepiness and more than 25 percent said they fall asleep during class.

Infants sleep more than any other age group, averaging about 16 hours per day. The body typically demands less sleep with each growth stage - while young adults may require eight hours of sleep, an older adult may only need five to seven, for example. According to Holder, experts say that school-aged children may require 10 to 12 hours of sleep nightly, whereas older children in this stage may average eight to 10 hours. Sleep needs usually increase when physical growth peaks; however, many adolescents don't get enough sleep.

It has been documented that children from elementary to high school get about an hour less sleep each night than they did 30 years ago, according to the foundation. Sleep is affected by many factors, including lifestyle and physical health.

Experts report that sleepiness among adolescents can cause moodiness, poor academic performance and overeating, Holder said.

"A lot of students stay awake most of the night, then eat the next day because they think it will give them energy - they'll drink a soda or eat something sweet. There are some foods that can give your body energy, but sugar typically isn't one of them," she said.

Simple sugars increase blood sugar levels, which make a person feel energized. The energy is only temporary, however, because after the initial spike, blood sugar drops sharply. When a person has too much sugar, the blood sugar levels can shift and turn a happy and energized person into a tired and irritable one.

"You get a sugar rush, followed by what is known as a 'rebound effect,'" Holder said. "The rebound effect is when you start to feel very tired from the drop in blood sugar levels."

Rather than eating sweets during the day to wake up, those with restlessness can try eating bedtime snacks to help them fall asleep.

Although certain snacks can have an adverse effect on otherwise fitful sleep, eating a complex carbohydrate and a protein can encourage a good night's rest. Holder recommended snacks that include toast, cheese, fruit, peanut butter, milk or crackers.

It has been recommended that parents create a bedtime routine to encourage restful sleep – bathe them at the same time every night, followed by a bedtime story, for example. Children, adolescents and adults should avoid physical activity, including exercise, within two hours of bedtime.

FACTBOX

These are the most common "sleep stealers," according to the National Sleep Foundation:

Psychology. Stress is considered by most sleep experts to be the main cause of short-term sleeping difficulties. Usually the sleep problem disappears when the stressful situation passes. However, if short-term sleep problems such as insomnia aren't managed properly from the beginning, they can persist long after the original stress has passed.

Lifestyle. You may be doing things during the day or night that can work against getting a good night's sleep, such as drinking alcohol or caffeine in the afternoon or evening, exercising close to bedtime, following an irregular morning and nighttime schedule, and working or doing other mentally intense activities right before or after getting into bed.

Shift Work. Shift work forces you to try to sleep when activities around you - and your own "biological rhythms" - signal you to be awake.

Environment. A distracting sleep environment such as a room that's too hot or cold, too noisy or too brightly lit can be a barrier to sound sleep. Other influences to pay attention to are the comfort and size of your bed and the habits of your sleep partner.

Physical problems. A number of physical problems can interfere with your ability to fall or stay asleep. For example, arthritis and other conditions that cause pain, backache, or discomfort can make it difficult to sleep well.

Medications. In addition, certain medications such as decongestants, steroids and some medicines for high blood pressure, asthma, or depression can cause sleeping difficulties as a side effect.

SOURCE: NATIONAL SLEEP FOUNDATION

Classifieds

REAL ESTATE

NEW PRICE: $133,000 Three bedroom, 2 bath. Master bedroom with adjoining office, stained custom cabinets and neutral decor. Located on a dead end street. Call: Century21 Bessette Realty at 474-2185 or Tony Cornner at 802-3493. Email - tonycornner@aol.com 11/7 - 11/28p.

LARGE SELECTION of new & used mobile homes to choose from. Look! 2000 16 x 80, Zone 2 mobile home. Good condition. Free delivery. Only $19,900. Call Phil at 1-800-725-7320. 11/28 - 12/26p.

FOR SALE: 50 wooded acres 13 miles north of DeQuincy off Hwy 109. Hardwoods, loblolly and slash pines; 1/2 mile paved road frontage with utilities; private, homesites, hunting. 786-4233. 11/7 - 11/21p.

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. tfc.

12 X 24 BARN, $3195 plus tax. Large inventory, many other sizes in stock. Moss Bluff Portable Buildings, Inc., 716 Hwy 171 N, Lake Charles, La. 70611. Phone: (337) 217-8001. 11/14 - 12/5p.

HELP WANTED

OWNER OPERATORS: Fleetwood Transportation is currently leasing Owner Operators to pull Dry-Vans OTR. No age restrictions on your tractor. We offer a Great Lease with weekly settlements, base plate program, fuel cards and excellent home time. Call 888-276-9923 or check our web site at WWW.FTWD.net 11/14 - 12/5p.

DRIVERS: Fleetwood Transportation is now hiring class A CDL drivers to haul woodchips in your local area. We offer great benefits that include: Regular pay raises, vacation/holiday pay, safety awards, 401K and Home daily! Call 888-276-9923 or check our web site at WWW.FTWD.net 11/14 - 12/5p.

— NOTICE —

BUDGET HEARING ON FUNDS OF THE CAMERON PARISH MOSQUITO ABATEMENT DISTRICT NO. 1

The Cameron Parish Mosquito Abatement District No. 1 will hold a public hearing at 5:00 p.m., on Tuesday, December 11, 2007, at the office of Mosquito Control, 146 Theriot Road, Sweetlake, Louisiana for the purpose of hearing written and oral comment from the public concerning the Amended Budget for the fiscal year 2007 and the proposed annual budget for the fiscal year 2008 and the use of funds as contained in that proposed budget.

Regulations require a hearing on the proposed use of these funds before the budget is adopted each year. All interested citizens, groups, senior citizens, and organizations representing the interest of senior citizens are encouraged to attend and to submit comments.

/s/ Julian S. Robichaux
Julian S. Robichaux
Director
Cameron Parish Mosquito Abatement District No. 1

Run: Nov. 29 (N-57)

— NOTICE —

According to Carl Broussard, Cameron Parish Clerk of Court, Qualifying for the Saturday, February 9, 2008 Presidential 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, December 12th and Thursday, December 13th from 8:00 a.m. to 4:30 p.m. and on Friday, December 14th from 8:00 a.m. to 5:00 p.m.

Candidates can qualify for the following Cameron Parish Offices:

DEMOCRATIC STATE CENTRAL COMMITTEE MEMBER.

REPUBLICAN STATE CENTRAL COMMITTEE MEMBER.

DEMOCRATIC PARISH EXECUTIVE COMMITTEE MEMBER and CAMERON PARISH JUSTICE OF THE PEACE, WARD 5.

Candidates seeking the above offices can contact the Clerk of Courts Office from 8:30 a.m. to 4:30 p.m. Monday through Friday at (337) 775-5516 for information on qualifications and qualifying fees.

Run: Nov. 29 & Dec. 6 (N-54)

— NOTICE —

To all Cameron Parish Waterworks District #2 customers:

Effective December 2007, there will be a rate increase affecting all District #2 customers. This increase has become necessary due to a substantial increase in operating expenses (utilities, chemicals, fuel, insurance and other associated costs of operation).

The decision on this matter was not made in haste, but comes after many options were discussed. Our main concern is our customers and what is in the best interest of our Water District. Your cooperation and understanding on this matter would be greatly appreciated.

Waterworks District #2
Board of Directors

RUN : NOV. 22, 29 & DEC. 6 (N-46)

EARLY VOTING SOON TO BEGIN

Early voting for the Dec. 15, 2007 election will be at the Registrar of Voters office at 122-F Recreation Ln. behind the courthouse.

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

Early voting will occur from 8:30 a.m. to 4:30 p.m. starting starting Saturday, Dec. 1, and the week of Monday, Dec. 3 through Saturday, Dec. 8. Please remember when you go vote, you must have a picture ID with you.

This special election is for Cameron (ONLY) precincts 2, 14 & 15. The ballot will consist of another run off between Kirk Burleigh and Bryon "Goose" Richard.

Finally, any person who feels they need assistance in voting due to a physical disability such as poor eyesight or other MUST get a physicians certificate confirming the need for assistance in voting and submit it to the registrar prior to the election or give the certificate to the commissioners at the polls on Election Day.

Thanks,
Suzanne Sturlese, Registrar

RUN: Nov. 22 & 29 (N-47)

— NOTICE —

According to Carl Broussard, Cameron Parish Clerk of Court, and by proclamation of the Governor of the State of Louisiana, dated September 6, 2007, in accordance with provisions of La. R. S. 18:621 (A) (2) and (3) calling for a special Primary Election to be held on Saturday, February 9, 2008, and a General Election is hereby ordered to be held Saturday, March 8, 2006 for the purpose of electing a person to fill the vacancy in the office of Justice of the Peace, Justice of the Peace, Ward 5, in the Parish of Cameron, State of Louisiana, due to the resignation of the Honorable Marsha Trahan.

Cameron Parish Justice of the Peace, Ward 5 encompasses All of Voting Precinct 1, Johnson Bayou and a Portion of Voting Precinct 4, Hackberry, where no voters reside.

Qualifying for candidates seeking said office shall be from Wednesday, December 12, 2007 through Friday, December 14, 2007 at the Cameron Parish Clerk of Courts Office, in Cameron, Louisiana.

The Clerk of Court's Office hours during qualifying will be as follows:

Wednesday, December 12th and Thursday, December 13th from 8:00 a.m. until 4:30 p.m. and on Friday, December 14th from 8:00 a.m. until 5:00 p.m.

For a copy of qualifications and qualifying fees for the above named office; interested persons can call the Cameron Parish Clerk of Court's Office at (337) 775-5316 Monday through Friday, from 8:30 a.m. until 4:30 p.m.

Run: Nov. 29 & Dec. 6 (N-56)

Legal Notices

NOTICE

On October 12 2007, CCS Radio, Inc. filed an application with the Federal Communications Commission for a new FM Non Commercial Broadcast station to be licensed to the city of Cameron, La. The purpose of the application is to create a new radio station to serve the Cameron, La area on 91.7 Mhz, Class C3 at 15kw with an antenna located at 100 meters above average terrain. The proposed transmitter will be located at 29-47-34.00N/ 93-18-0.00W with studios TBD. CCS Radio, Inc. is made up of Otis Dyson, Kimberly Dyson, Ronald Cruz. A copy of the application may be inspected in the public file located at Cameron Parish Library Johnson Bayou Branch Cameron, La.
Run: Nov. 15, 22, & 29 (N 32)

NOTICE FOR BIDS

The Cameron Parish Mosquito Abatement District No. 1 will receive bids until 5:00 p.m., Tuesday, December 11, 2007, at the office of Mosquito Control in Sweetlake, Louisiana, on chemicals and fuels.

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

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

Cameron Parish Mosquito Abatement District No. 1 reserves the right to reject any or all bids and to waive formalities.
Cameron Parish Mosquito
Abatement District No. 1
/s/ Julian S. Robichaux
Julian S. Robichaux, Director
Run: Nov. 22, 29 & Dec. 6 (N 42)

PUBLIC NOTICE
Request for Qualifications

The Cameron Parish Police Jury is applying for grant monies under the Hazard Mitigation Grant Program (HMGP), Louisiana Recovery Program and other federal and state programs, for the purpose of securing funds for constructing/rebuilding buildings and facilities damaged by Hurricane Rita along with funding projects that would mitigate future hazard related costs. The Police Jury is interested in procuring hazard mitigation planning services and engineering services including project scoping and estimating once the projects are funded.

This is official notice that Cameron Parish Police Jury is submitting a Request for Qualifications (RFQ) for the update of the Cameron Parish's Hazard Mitigation Plan and subsequent scoping of mitigation projects identified during the update process. The project is fixed fee with a one year completion requirement starting once the grant monies have been approved. Knowledge of HMGP related grant programs is required.

Interested parties should send qualifications to the following: Margaret Theriot, P. O. Box 374 Cameron, LA 70632. Deadline for submission is December 10, 2007 at 4:00 p.m. If you have any questions, please call 337-775-7048.
Runs: Nov. 29 & Dec. 6 (N 51)

NOTICE FOR BIDS

The Johnson Bayou Recreation Center will be accepting sealed bids on the removal of remaining damaged fencing and the replacement of approximately 500 ft of 6 ft chain link fence at our Holly Beach location. The Fencing is to include 3 - 3 ft walk gates and 1 - 12 ft double gate. Bid Specification sheets are available upon request at The Johnson Bayou Recreation Center located at 135 Berwick Road, Johnson Bayou, LA 70631. All bids shall be sealed and clearly marked on outside "Johnson Bayou Recreation District - Holly Beach Fence" and must be received no later than 6:00 p.m. on Monday, December 17th, 2007. Bids may be mailed or dropped off at the Recreation Center Temporary Trailer located at 135 Berwick Road, Johnson Bayou, La 70631.

The Johnson Bayou Recreation Center is Tax Exempt.

All bids shall include itemized price list.

All bids should include the name, address, phone number, and name of authorized representative.

Successful bidder will be required to provide proof of insurance and must be licensed in the State of Louisiana.

For any questions or more information you may contact Christen Trahan at 337-569-2288 or 337-304-4622.
Runs: Nov. 29, Dec. 6 & 13 (N 52)

NOTICE

According to Carl Broussard, Cameron Parish Clerk of Court, Qualifying for the Saturday, February 9, 2008 Presidential 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, December 12th and Thursday, December 13th from 8:00 a.m. to 4:30 p.m. and on **Friday, December 14th** from 8:00 a.m. to 5:00 p.m.

Candidates can qualify for the following Cameron Parish Offices:

DEMOCRATIC STATE CENTRAL COMMITTEE MEMBER.

REPUBLICAN STATE CENTRAL COMMITTEE MEMBER.

DEMOCRATIC PARISH EXECUTIVE COMMITTEE MEMBER and **CAMERON PARISH JUSTICE OF THE PEACE, WARD 5.**

Candidates seeking the above offices can contact the Clerk of Courts Office from 8:30 a.m. to 4:30 p.m. Monday through Friday at (337) 775-5516 for information on qualifications and qualifying fees.
Run: Nov. 29 & Dec. 6 (N-53)

NOTICE

According to Carl Broussard, Cameron Parish Clerk of Court, and by proclamation of the Governor of the State of Louisiana, dated September 6, 2007, in accordance with provisions of La. R. S. 18:621 (A) (2) and (3) calling for a special Primary Election to be held on Saturday, February 9, 2008, and a General Election is hereby ordered to be held Saturday, March 8, 2006 for the purpose of electing a person to fill the vacancy in the office of Justice of the Peace, Justice of the Peace, Ward 5, in the Parish of Cameron, State of Louisiana, due to the resignation of the Honorable Marsha Trahan.

Cameron Parish Justice of the Peace, Ward 5 encompasses All of Voting Precinct 1, Johnson Bayou and a Portion of Voting Precinct 4, Hackberry, where no voters reside.

Qualifying for candidates seeking said office shall be from Wednesday, December 12, 2007 through Friday, December 14, 2007 at the Cameron Parish Clerk of Courts Office, in Cameron, Louisiana.

The Clerk of Court's Office hours during qualifying will be as follows:

Wednesday, December 12th and Thursday, December 13th from 8:00 a.m. until 4:30 p.m. and on Friday, December 14th from 8:00 a.m. until 5:00 p.m.

For a copy of qualifications and qualifying fees for the above named office; interested persons can call the Cameron Parish Clerk of Court's Office at (337) 775-5316 Monday through Friday, from 8:30 a.m. until 4:30 p.m.
Run: Nov. 29 & Dec. 6 (N-55)

MEETING TO BE HELD AT
CAMERON COURTROOM
CAMERON PARISH
POLICE JURY
AGENDA
December 3, 2007
5:30 P.M.

1. Call to Order
2. Pledge of Allegiance/Prayer
3. Reading of Minutes
4. Approval for Additions to Agenda
5. 2007 Budget Amendments
6. 2008 Budget Hearing
7. 2008 Budget Adoption
8. Resolution - Change Polling Place - Savoie Lumber to Creole Fire Station
9. Resolution - Ratify Calling of Election - Lower Ambulance Service District
10. Resolution - Fisheries Infrastructure Program Agreement
11. President Authority to Sign:
a. Parish Recovery Planning Capacity Building Program
b. Cooperative Endeavor Agreement - State of Louisiana Office of Community Development - Disaster Recovery Unit
c. CDBG Land Acquisition
12. Drilling Permits:
a. Manti Operating Company - Grand Chenier, Grand Lake, (proposed (2) 6-inch flowlines to serve the SL 18809 Well No. 1), Cameron Parish, LA. (071201)
b. Manti Operating Company - Grand Chenier, Grand Lake, Section N/A, T12S, R3W, (proposed (4) 6-inch flowlines, structures, production barges, and shell pad to serve SL 18809 Well No. 1), Cameron Parish, LA. (071202)
c. Hilcorp Energy Company - Offshore, East Cameron Area Block 1, (proposed 2-inch and 4-inch pipeline to serve the SL 1170 Nos. A-6 & A-8), Cameron Parish, LA. (071203)
d. TransCanada - Cameron, Murphy Lane, Section 30, T14S, R8W, (proposed valve repair on 16-inch Main Line), Cameron Parish, LA. (071204)
e. Gulfport Energy Corporation - East Hackberry Field, Section 12, T12S, R10W, (proposed well locations M.P. Erwin A Nos. 83-84 & 91-93), Cameron Parish, LA. (071205)
f. Gulfport Energy Corporation - East Hackberry Field, Section 12, T12S, R10W, (proposed well locations M.P. Erwin A Well Nos. 85-90), Cameron Parish, LA. (071206)
g. Gulfport Energy Corporation - East Hackberry Field, Section 12, T12S, R10W, (proposed well locations M.P. Erwin A Well Nos. 94-99), Cameron Parish, LA. (071207)
h. Shoreline Southeast, LLC - Sabine Lake, Section N/A, T14S, R15W, (proposed 4-inch flowline from SL 19067 Well No. 2 to SL 19067 Well No. 1), Cameron Parish, LA. (071210)
i. Shoreline Southeast, LLC - Sabine Lake, Section N/A, T14S, R15W, (proposed 4-inch flowline from SL 19067 Well No. 3 to SL 19067 Well No. 1), Cameron Parish, LA. (071209)
13. Other Permits:
a. ExxonMobil Production Company - Johnson Bayou, Section 35, T14S, R13W, (proposed Pit Closure and Access for Cameron Meadows Well No. 71), Cameron Parish, LA. (071208)
b. Crain Brothers Ranch, Inc. - Johnson Bayou, Section N/A, T14S, R14W, (proposed installtion of pilings and aggregate toimprove an existing dock), Cameron Parish, LA. (071211)
c. John C. Allaire - Holly Beach, Section 27, T15S, R10W, (proposed excavation of pond to provide fill for House Pad), Cameron Parish, LA. (071114)
14. Appointments:
a. Gravity Dist. #9 - Scott Benoit - resigned
15. Advertise for Bids:
a. Limestone
16. Acceptance of Project #2007-09 - Holly Beach Drainage
17. Acceptance of Insurance Settlement - Waterworks Dist. #1
18. Pay November 2007 Bills
19. December agenda meeting/January voting meeting
20. Hackberry Welcome Sign
21. Amendment to Disturbing the Peace Ordinance
22. Travel Policy - Mileage Adjustment
23. Comp Time Waiver
24. Executive Session
Run: Nov. 29 (N 58)

PROCEEDINGS
Cameron Parish Gravity
Drainage District No. 7

The Cameron Parish Gravity Drainage District No. 7 board met for the regular meeting at 6:30 p.m. on October 18, 2007.

Members present: Ivan Barentine, E. Carol Trahan, Rogerest Romero, and Ricky Romero.

Absent: Curtis L. Trahan.

Guests: Marsha Trahan.

A motion was made by E. Carol Trahan, seconded by Ricky Romero and carried to approve the September 20, 2007 minutes.

A finance report was given by Marsha Trahan.

A motion was made by Rogerest Romero, seconded by Ricky Romero and carried to approve and pay bills.

Upon reviewing the Cheniere Cooperative Endeavor Agreement & Payment in lieu of tax Agreement, a motion was made by Ricky Romero, seconded by Rogerest Romero and carried to accept the 2007 payment in the amount of 83,406.00 (eighty three thousand, four hundred six dollars)

The board discussed changing C. P. A's for the 2007 audit. No action was taken.

On a motion by Rogerest Romero, seconded by E. Carol Trahan and carried, the following permits were approved.

* LCUP # 071005 - SAMUEL GARY JR & ASSOC.
* LCUP # 071009 - SHORELINE SOUTHEAST, LLC.
* LCUP # 071008 - SHORELINE SOUTHEAST, LLC.
* LCUP # 071010 - SHORELINE SOUTHEAST, LLC.
* LCUP # 071102 - SHORELINE SOUTHEAST, LLC.
* LCUP # 071101 - SHORELINE SOUTHEAST, LLC.

The board reviewed the Salinity Report.

On a motion by E. Carol Trahan, and seconded by Rogerest Romero, and carried, the board was adjourned.

/s/ Curtis L. Trahan
Curtis L. Trahan
president

Attest:
/s/ Marsha Trahan
Marsha Trahan
Run: Nov. 29 (N-59)

PUBLIC NOTICE

Notice is hereby given that Manti Operating Company has applied for a permit to install and maintain two 6-inch, 10,496-foot pipelines for serving SL 18809 Well #001, approximately 17.7 miles northeast of Grand Chenier, Louisiana in Cameron Parish. The applicant is applying to the Louisiana Department of Environmental Quality, Office of Environmental Services for a Water Quality Certification in accordance with statutory authority contained in the LAC 33:IX.1507.A-E and provisions of Section 401 of the Clean Water Act.

Comments concerning this application can be filed with the Registrations and Certifications Section within ten days of this notice by referencing JP 071115-05/AI 100175 to the following address:

Louisiana Department of
Environmental Quality
P.O. Box 4313
Baton Rouge, LA 70821-4313
Attn: Water Quality Certifications

A copy of the application is available for inspection and review at the LDEQ Public Records Center, on the first floor of the Galvez Building, Room 127 at 602 North Fifth, Street Baton Rouge, LA 70802 from 8:00 a.m. to 4:30 p.m.
Run: Nov. 29 (N 60)

Finding great gifts for the kitchen

(NAPSA)-If you're having trouble cooking up gift ideas for the people on your list, keep in mind that kitchen tools are always appreciated and will be used over and over again.

You can help someone stock their kitchen with cookware and bakeware by keeping an eye out for timeless pieces-such as skillets, heavy gauge pots and roasters-as well as new technologies such as silicone bakeware, specialty bake pans and new utensils with non-stick qualities.

To make an informed decision, check out the Cookware Manufacturers Association's Guide to Cookware and Bakeware. It covers virtually everything from materials and construction to selection and care. Here's a look at some suggestions from the association:

For Cooks

• Stainless Steel-A five-ply stainless-clad cookware set now features a three-layer aluminum core meant to provide superior heat conductivity and a brilliant look.

• Non-Stick-A new line of non-stick fry pans is available in hard enamel and hard anodized finishes. A new TechnoTough, metal-tool safe, non-stick interior is exceptionally durable and scratch resistant.

• Panini Pan-Warm and crusty panini creations are easier with panini pans. The thick, non-stick pan provides even heat retention for great cooking and the heavy-duty press with a loop handle weighs down the sandwiches on the ridged pan surface.

For Bakers

• Cake Pans-A two-piece non-stick cake pan set makes it easy to produce filled cakes and entrées with incredible flavor combinations. Its patented, recessed design creates a contour you can fill with ice cream, fruit, mousse and more. Just bake, fill, flip and frost.

• Stadium Bundt Pan-Designed to make stadium-shaped desserts for all types of sports-related occasions. The hollow center can be filled with foil-covered candies such as footballs, baseballs and soccer balls.

• Penguin Pans-These pans are safe for the refrigerator, freezer, microwave and oven and have two non-stick sleds for support. They make it easy to make penguin-shaped baked goods that will have the whole party talking.

For more ideas or a copy of the guide, visit www.cookware.org.

Put the freeze on heating costs

(NAPSA)-A few simple steps could help you cut energy use and save on heating costs.

In fact, heating and cooling, along with ventilation, refrigeration and water heating, are responsible for about 75 percent of residential energy use. That's why something as easy as setting thermostats to 68°F during the day and 60°F at night could add up to big savings.

Similarly, checking that return vents, radiators and baseboards are not blocked by furniture or other objects will maximize airflow and the efficiency of your system.

Try these additional tips. They come from heating experts at the American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE)-an international nonprofit technical engineering society.

Heating Systems

• Clean or change furnace filters in forced hot air systems once a month or more often as needed.

• Have your heating system maintained and serviced according to the manufacturer's instructions. Dirty filters, coils and fans reduce airflow throughout the system, which decreases performance and could cause damage.

• Check heating ducts for air leaks from joints and holes. Check the hardware store for proper UL-certified mastic or tape for repairs.

• Insulate your hot water tank with an insulating jacket according to the manufacturer's instructions.

• You can comfortably turn down the thermostat in rooms that are unoccupied and can be closed off from the rest of the house, or that have their own heating zones. However, do not do this if it adversely affects the rest of your system, as it could lead to frozen pipes.

Windows And Doors

• Install caulking or weather stripping or use spray-in foams around exterior windows and doors or in spaces between heated and unheated areas (garages, basements, crawl spaces, etc.). Just be sure to read the instructions on the product you use.

• Keep draperies and shades open during the day on your southern-facing walls to allow sunlight to enter. Keep them closed at night to reduce heat loss.

For more tips and information, visit www.ashrae.org/consumer.

Tips on how to grow healthy fruit-bearing plants

By DAN GILL
LSU AgCenter
Horticulturist

Botany lessons are often helpful for gardeners to understand some of the underlying reasons why plants behave the way they do and why we do things a certain way. When growing a plant that is expected to produce fruit, knowing something about the reproductive workings of the plant is in the gardener's best interest to prevent disappointment.

Plants grown for their attractive flowers need only to bloom well to make us happy. We even deadhead blooming plants by removing faded flowers to prevent seed formation and encourage more flowers.

Flowers contain the sexual organs of plants and are produced by plants in an effort to reproduce themselves. When fruit or seed production is the goal, the sexual nature of flowers and their function become very important to the gardener.

The strategies plants have developed for blooming and pollination are incredibly varied, and gardeners need to be familiar with any quirks associated with the plants they are trying to grow. For those plants that we grow for their attractive or edible fruit or seeds, how successfully the plant carries out its reproductive efforts has a direct effect on obtaining the desired fruit or seeds.

Note that in botany and horticulture, the term fruit basically indicates the structure a plant produces that encloses the seeds. For example, peppers, green beans, tomatoes, squash, peaches, holly berries, okra pods, apples, rose hips, acorns and almost anything we refer to as "seed pods" are all actually the fruit of various plants. For fruit to be produced, a plant has to carry out its reproductive efforts successfully.

The parts that make up flowers can vary greatly from one type of plant to another. The basic plan includes male and female parts in the same flower along with nonsexual parts such as petals. The stamens, which are the male parts, produce pollen that carries the male germ cell or sperm. The female part, called the pistil, holds the ovules or eggs.

When pollen is transferred to the pistil of a suitable, flower pollination takes place. If all goes well, this leads to the fertilization of the eggs by the male germ cells. The growing embryos form within seeds and stimulate the surrounding ovary to develop into the fruit. (In a few kinds of plants, seedless fruit is produced without fertilization.)

That sounds simple enough. What could possibly go wrong? For one, weather conditions can interfere. Temperature extremes can cause the pollen of some plants to lose viability, preventing pollination (why tomatoes produce little fruit in midsummer). Fruit trees that bloom over a relatively short period of time, such as peaches, apples and pears, can suffer loss of production if the weather is bad while they are blooming, not to mention how devastating a late freeze during blooming could be.

When growing fruit trees, you also must know which are self-pollinating and which are self-sterile. Apples, pears and plums are generally self-sterile, meaning that the pollen a plant produces will not effectively fertilize its own eggs. Pollen from a different cultivar of the same kind of fruit tree must be transferred to the flowers (cross-pollination) for fruit to form.

Certain types of plants produce some flowers that have only male parts (staminate flowers) and some that only have female parts (pistillate flowers). For these plants, only the female flowers on the plant will actually form the fruit. Cucumbers are a good example. I often hear from a distressed gardener concerned that most of the flowers are falling off without making cucumbers. Knowing that they are male flowers relieves the stress.

So, some plants produce flowers with both male and female parts, and some produce separate male flowers and female flowers on the same plant. Have plants taken the next step, and are there species that produce some plants with all male flowers and some plants with all female flowers? The answer is, yes. Hollies, swamp red maples, papayas and date palms are just few of the plants that bloom that way.

These plants have adopted a sexual reproductive strategy almost universally used by animals. There are male and female members of the species. Male and female plants of the same species appear identical with one great difference – only the females bear fruit.

If you want a holly that will produce red berries, it has to be a female. If you want a swamp red maple that will produce that wonderful burgundy fruit in the spring, it has to be a female. The only sure way to know you are getting a female is to choose a plant that has fruit on it or a named variety that is a female clone, such as the Savannah holly.

So keep in mind, whenever you are growing a plant that you expect to produce fruit, the more you know about its reproductive habits, the more successful you are likely to be.

How to avoid a tummy ache

(NAPSA)-If you've got a digestive date with a big meal, and you're worried about tummy trouble afterward, here are some do's and don'ts that will be easy to digest.

• Don't skip breakfast and lunch just because you expect to eat a five-course meal at dinner.

• DO pace yourself during the meal. In other words, avoid gulping down food quickly because you're so hungry. Your brain usually takes about 20 minutes to register that your stomach is full.

• Don't put too much food on your plate. This will make it easier not to overeat. Go easy on those heavy sauces, chocolate cakes or other heavy desserts.

• DO prepare your digestive system ahead by taking a daily probiotic acidophilus supplement such as Natrol® BioBeads®. This will fuel the body with a regular, concentrated source of beneficial bacteria to help you maintain a healthy digestive tract. This type of supplement also helps ease occasional stomach discomfort associated with travel.

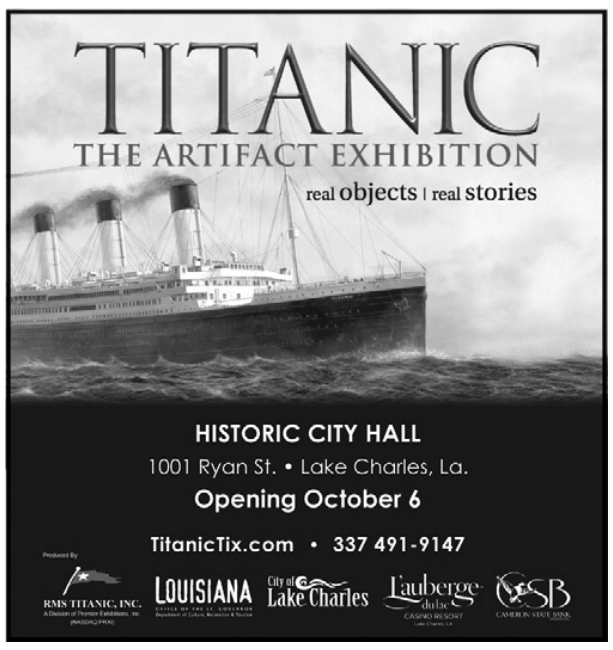
• DO drink plenty of water during the meal. This will help greatly with digestion.

• DON'T drink too much caffeine or soda. This can cause abdominal or gas pains.

• DO try taking a natural remedy for fullness, if you do overeat, such as a papaya enzyme, which can help relieve indigestion.

Remember, there's no need to give up your favorite dishes as long as you eat sensibly and take preventive measures beforehand.

For more information, visit www.Natrol.com or call (800) 262-8765.



THE GRAND LAKE Girls basketball team won a tournament the week of Thanksgiving beating Leesville, DeQuincy, and Barbe. Shown above were (back row, from left) Katelyn Vincent, Tasha Fontenot, Hanna Savoie, Amber Trahan, Sonya Lavergne, LaRayne Picou, Kat Kingham, Liz Kingham, Jenna Picou, Alysha Hackler, Coach Danny Miller, Coach Scott Miano; (middle row) Heather Girlinghouse, Taylor Whittle, Kimmie Babineaux, Erin Gilbert, Shelby Thomas, Megan Aguillard, Kaitlyn Babineaux; (front row) Kaylan Shaw, and cheerleader Emma Thomas.

THE GRAND LAKE Basketball Boys team won their homecoming game against Hackberry in the last minute of the game. Sonya Lavergne was crowned Homecoming Queen. Shown above are team members: (top row, from left) Trevor Russell, Renn Savoie, Sam Richard, Alex Cunningham, Ryan Widcamp, Garrett Billiot, Jacob Hebert, Coach Neil Kiser, Aubrie Kiser; (bottom row) manager Blake Madison, Brett Griffith, Nick Nash, Aaron Duhon, Will Precht, Sam Johnston, Jayce Hebert, Jordon Hebert, Javin Little, and Tyler Hebert.

TINA SAVOIE, left, was one of five Cameron Parish teachers that participated in the Keystone Institute this summer. Savoie is pictured with Chanel Jolly of Chevron, the company which underwrote the costs of the institute for three of the parish's science teachers. (Photograph by Tracy Lannin.)

PICTURED ARE members of the Hackberry Jr. 4-H club who recently received show team jackets from Mr. Jim Bel. Shown above are: first row from left, Bailey LaBove, Charli Little, Mitchel Ducote, Gavin Guidry, Abbie Delcambre, and Lexie Stine. Second row from left, John Eric White, Brittany Gibbs, Mattie Stine, Ashlee Little, and Dillan Welch.

GRAND LAKE High School seventh graders experimented with the concept of parts per million as it applies to water quality, as well as the air quality in FEMA trailers affected by formaldehyde. Chanel Jolly, Project Director for the Chevron Energy for Learning Grant observed. The grant will provide two million dollars into science and math programs in Cameron Parish through a multi-year project. (Photograph by Lindsay Smythe.)

CHANEL JOLLY, right, with Chevron Policy, Government and Public Affairs, visited South Cameron High School as an update to the Chevron Energy for Learning Grant. She is shown directing students in a maze activity to develop higher order thinking skills. (Photograph by Tracy Lannin.)

FALL COLOR was in evidence in Portland, Oregon last week when Paul and Cyndi Sellers visited their daughter Alyssa.

Baking information available on-line or by telephone

(NAPSA)-From the heavenly aroma of a freshly baked pumpkin pie to the first taste of a warm cookie as it melts in your mouth-mmmm, nothing beats the joy of baked holiday goodies.

This season, spread your baking wings and delight the palates of those around you with homemade gifts. But remember, no matter what enchanting path you choose (pies, cookies or fudge), even the best bakers need a little help sometimes. Luckily, there are plenty of resources you can turn to during this special time of year, including the baking experts at Nestlé.

In fact, during the holidays, Nestlé Consumer Services is available to help with recipe requests and advice (they do so for more than 50,000 bakers each holiday season). So, the next time baking has you "in a pickle," give them a call, or better yet, try visiting some of their helpful online resources outlined here-they're sure to meet all your baking needs.

• LIBBY'S® Pumpkin Automated Phone Line-(800) 854-0374: A direct line to information about some of the most frequently asked pumpkin pie questions.

• Holiday Kitchen Help Line-(800) 637-8537: A hotline dedicated to answering general baking questions.

• Very Best Baking Holiday Guide and Video Learning - VeryBestBaking.com: These helpful resources showcase delicious recipe ideas and a wide variety of instructional baking videos.

To help you get a head start on your holiday baking adventures, following are answers to some of the most frequently asked holiday baking questions, according to the Nestlé culinary experts. Additional questions and answers can be found on VeryBestBaking.com.

• How do I store a pumpkin pie once baked? After your pumpkin pie has cooled for two hours, serve immediately or refrigerate until ready to serve. Store leftovers covered with plastic wrap in refrigerator for up to two days. Remember, pumpkin pie is a custard-type pie, so freezing is not recommended. However, you can make the pumpkin filling and pie shell ahead and freeze each separately for up to one month.

• Can I use evaporated milk as a substitute for cream or half and half? Yes. Evaporated milk is a convenient, lower fat substitute for various cream products. Be sure to use an equal amount of evaporated milk as a substitute for half and half, light cream and coffee creamer.

• What's the best way to mail perishables? Choose durable foods, such as fruitcakes, brownies or sturdy cookies, to prevent breakage or crumbling. Be sure to pack them in a strong mailing carton with cushioning material and don't forget to mark the outside of the box as "Perishable" or "Fragile."

This recipe for Chocolate Chip Cookie Brittle is perfect for shipping to long-distance loved ones, because it's easy to pack and is sure to arrive safely-and it's sensationally delicious too!

Chocolate Chip Cookie Brittle (Makes 50 pieces)

1 cup (2 sticks) butter or margarine, softened
1 cup granulated sugar
1 1/2 teaspoons vanilla extract
1 teaspoon salt
2 cups all-purpose flour
2 cups (12-ounce package) Néstle® Toll House®Semi-Sweet Chocolate Morsels, divided
1 cup chopped nuts

Preheat oven to 375° F.

Beat butter, sugar, vanilla extract and salt in large mixer bowl. Gradually beat in flour. Stir in 1½ cups morsels and nuts. Press into ungreased 15 x 10-inch jelly-roll pan.

Bake for 20 to 25 minutes or until golden brown and set. Cool until just slightly warm. Microwave remaining ½ cup morsels in small, heavy-duty plastic bag on HIGH (100%) power for 30 to 45 seconds; knead. Microwave at additional 10- to 15-second intervals, kneading until smooth. Cut tiny corner from bag; squeeze to drizzle over cookie. Allow chocolate to cool and set; break cookie into irregular pieces.

For more holiday resources, including baking tips, and recipe and packaging ideas, visit VeryBestBaking.com.

GRAND LAKE High School's Bobbye Delaney, is shown teaching seventh grade students the concept of parts per million through the use of a of a Keystone Science Institute water quality instructional program, while Chanel Jolly, Chevron Program Director observed. Delaney was one of the teachers whose tuition to the Keystone Institute in Colorado was funded through Chevron. (Photograph by Lindsay Smythe.)

Hackberry Holiday Fest. set for Thursday, Dec. 6

The 4th annual Hackberry Holiday Festival will be held Thursday, Dec. 6, at the Hackberry Community Center from 5 to 8 p.m. sponsored by Cameron LNG.

Community Christmas Events, will include photos with santa, ornament crafts, cookie decorating, holiday music program, live Christmas tree lighting, face painting, cake walk, food and beverages.

Holiday Marketplace will feature local artisans, businesses and school organizations selling and taking orders for holiday gifts, crafts and goody mixes.

For information contact: Kathy Helmer at 762-3305.

The event is organized by the Hackberry High School Student clubs and organizations with generous support from these sponsors: Targa Midstream Services LP, Cameron Communications, Deep South Productions and Founding Partner and Event Underwriter, Cameron LNG.

CATHOLIC CALENDAR.

A page devoted to local Catholic interests November 29, 2007

Vol. 33, No. 25 Lake Charles, La. Internet Address: http://lcdiocese.org

The Most Reverend Glen John Provost incenses the altar at Our Lady Star of the Sea Church in Cameron during the blessing of the church on Nov. 18. Deacon George Stearns, who had served as administrator of the parish during the rebuilding process, holds the Bishop's vestment.

Our Lady Star of the Sea blessed by Bishop Provost

CAMERON – Bishop Glen John Provost honored the tenacity, faithfulness, and perseverance of the people of Cameron Parish on Sunday, Nov. 18, during his homily at Our Lady Star of the Sea. Bishop Provost came to Cameron to bless the newly rebuilt Church, damaged so severely two years ago by Hurricane Rita.

"I remember as a child hearing about Hurricane Audrey and the many good things about the people of Cameron who had been devastated by that storm," Bishop Provost said. "It's been two years since Hurricane Rita and this is a moment to be grateful to God and those who showed that tenacity here. May the people of Cameron inspire us."

Our Lady Star of the Sea was the second completed church blessed by Bishop Provost. He had previously blessed St. Eugene in Grand Chenier.

Work on the reconstruction of Sacred Heart of Jesus Church in Creole continues.

The Bishop is scheduled to bless Our Lady of the Assumption Chapel in Johnson Bayou on Dec. 16 at the 11 a.m. Assumption Chapel, which was the closest church to the hurricane's landfall, is a mission of St. Peter the Apostle Church in Hackberry, also heavily damaged by Rita. Work continues at St. Peter although Mass is being celebrated in the Church, according to Rev. Roland Vaughn, pastor.

Deacon George Stearns, Chancellor of the Diocese of Lake Charles, served as administrator of Our Lady Star of the Sea during the reconstruction and prior to the close of Mass extended thanks to many people involved in the rebuilding of the Church.

"This has been an incredible experience," Deacon Stearns. "I want to thank our bishop, who expressed so much concern for us and Father (Joseph) McGrath, who worked with us during this special time. We put the church back the way it was but tweaked it a little bit." Father McGrath will serve as administrator of the parish now that construction is complete. He received his letter of appointment from Bishop Provost following the Mass.

In his litany of thanks, Deacon Stearns also pointed out the generous contribution of the Benedictine Sisters of Erie, Pennsylvania. The community of religious sisters donated the pews now installed at Our Lady Star of the Sea. The Order was celebrating its 150th anniversary at the time of Hurricane Rita and had begun a project to renovate their chapel. The Sisters wanted to provide someone in need with their pews rather than throwing them out. They learned about the Cameron church, whose layout closely resembled the Order's chapel in Erie. The pews and a number of other items, valued at between $65,000 and $75,000 came to Lake Charles in August 2006.

Annual Maple Leaf Awards given to six

LAKE CHARLES – The annual Maple Leaf Awards were presented to six Catholic men and women from around the Diocese of Lake Charles for their devotion and volunteerism recently at Villa Maria Retirement Center. The award was instituted 10 years ago by the late Msgr. Irving A. DeBlanc.

Honorees were Mrs. Daisy Harmon and Mrs. Ida Mae Pirtre, both of St. Joseph Church in Welsh, Mrs. Clarice Richard Jones of Our Lady of LaSalette Church in DeQuincy, Mr. John Richard of St. Joseph Church in Vinton, Mrs. Betty Richard of St. Joseph Church in Vinton and Mr. Jean Hebert of Our Lady Queen of Heaven Church in Lake Charles.

Msgr. DeBlanc often spoke about senior citizens and likened them to the maple leaf. "The maple leaf is a sign of purity," he is recalled as saying. "The maple tree is most attractive and beautiful in the late season of the year – before its leaves fall to the ground."

Five of the six honorees attended the event.

Mrs. Harmon, the only award winner unable to attend, has been a sacristan, Extraordinary Minister of Communion, and cantor at St. Joseph in Welsh. She leads the community in the Rosary before funeral Masses and helps with the parish barbecue sales.

Mrs. Pitre served St. Joseph as a sacristan, an Extraordinary Minister of Communion, and a lector. She is a member of the Ladies Altar Society as well as washes and irons altar cloths and vestments.

Mrs. Jones is a lifelong member of Our Lady of LaSalette. She was the secretary and treasurer of Regina Caeli Special Education School in Lake Charles. She has been a trustee and organist at the parish as well as an Extraordinary Minister of Communion and lector. She is a member of the Ladies Altar Society and has kept a regular adoration hour since its inception. She served as chairman of the food pantry, helped maintain the church, and was an assistant for the annual Thanksgiving Basket Drive for 20 years.

Mr. Richard has served St. Joseph in Vinton as an Extraordinary Minister of Communion and a Sunday collection counter. He is a member of the Knights of Columbus as well as the VFW and American Legion. He was the altar server for daily Mass and a greeter at weekend liturgies. Each year on Veterans Day he makes sure the graves of deceased veterans have flags.

Mrs. Richard is an Extraordinary Minister of Communion and serves as a Sunday collection counter. An auxiliary member of the VFW, an American Legion member, and a Catholic Daughter, she cleans and mends church linens.

Jean Hebert has been an Our Lady Queen of Heaven parishioner for many years and is a charter member of the parish Knights of Columbus Council. He serves as a volunteer for the Our Lady Queen of Heaven School Carnival and was the groundskeeper at Regina Caeli School. He served as a Family Life Center Bingo caller and is a church money counter. He is a member of the parish's 50th anniversary committee, the New Covenant Choir, and is a volunteer to the St. Vincent dePaul Society. He was also a regular companion to Msgr. DeBlanc.

Did you know ...

that the Cathedral of the Immaculate Conception was the first parish established in what is now the Diocese of Lake Charles, on Dec. 8, 1869. It was originally named for St. Francis de Sales. The named changed when it was dedicated to the Immaculate Conception in 1881.

The bodies of Popes are interred beneath St. Peter's Basilica in Rome. Do you know who is buried in our Cathedral? Find out in our Dec. 21 issue.

Three local women were recently elected to two-year terms as officers of the Louisiana State Court, Catholic Daughters of the Americas. Pictured, from left, are Ellen Corbello, State Secretary, St. Raphael Court 1377, Iowa; Gloria Newman, 1st Vice State Regent, Our Lady Queen of Heaven Court 1785, Lake Charles ; Alice Tassin, State Regent, Walker, La., Joyce Stein, 2nd Vice State Regent, Vacherie, La., and Pat Myers, Treasurer, Our Lady of Fatima Court 1506, Lake Charles.

Deacon Patrick Lapoint, Director of the Seafarers Center at the Port of Lake Charles, stands next to his new 8-passenger van used to ferry sailors in port around Lake Charles. The new vehicle is the second passenger conveyance in the Center's garage, along with a three-year old 15-passenger bus, which has already traveled 100,000 miles. The van will allow the Center to service more ships coming into facilities up and down the Ship Channel, from Lake Charles to Carlyss, and soon down to Hackberry's new LNG facility. It will reduce operating costs because it costs less to operate the van for smaller numbers of sailors, better utilizing the financial contributions of donors.

International Eucharistic Congress set for 2008

QUEBEC, Canada – Marc Cardinal Ouellet, Archbishop of Quebec, has announced plans for the International Eucharistic Congress in the city from June 15 to June 22, 2008.

"The International Eucharistic Congress is a great opportunity for the new evangelization of North America," Cardinal Ouellet said. "It is an occasion to rekindle the flame of the Catholic faith in our countries, where in the past there was a deep unity between the culture and the Faith.

"This will be an event that is being watched with great anticipation," the Cardinal continued. "The International Eucharistic Congress will be a time of renewal for worship of the Holy Eucharist and for the life of charity that flows from it."

According to the Cardinal, each day, catechesis and testimonies will be offered to the thousands of participants – the present and future leaders of the Church – and a solemn Eucharistic liturgy will be celebrated. There will also be processions of the Blessed Sacrament, as well as special religious events for young adults and families, and activities to promote brotherhood.

"This event will proclaim in public places the pertinence of our faith that is first of all a gift received from God and is lived out in communities," Cardinal Ouellet said. "We hope that the International Eucharistic Congress will bring about a greater emphasis on the sacred character of the Eucharistic celebration, a deepened understanding of its sacrificial dimension, and a renewal of Eucharistic adoration, prayer, and good works.

The Congress theme will be the Eucharist as "Gift of God for the life of the world," beginning with Sunday's invocation of the Holy Spirit.

Monday will focus on Jesus' institution of the New Covenant while the following day concentrates on the sacrificial dimension of the Eucharist. Wednesday invites attendees to explore the first result of this gift of God: in giving Himself and in being received in the faith of the Church, the Eucharistic Christ founds the church.

Thursday focuses on adoration, as the evening concludes with a public procession with the Blessed Sacrament in the heart of the city. The theme on Friday, is the Eucharist and mission, emphasizing charity and engagement for peace and justice. The week will conclude with teaching on "ordinary" holiness at the heart of the world, inspired and nourished by the Eucharist.

"There will also be a myriad of costs associated with an event of this magnitude – yet our budget is modest, and we seek help from others to only cover what is necessary," Cardinal Ouellet said.

For information about attending the International Eucharistic Congress personally or with a parish group or other Catholic organization, please see our website, wwwcei2008.ca.

Contributions may be made payable to Archdiocese of Philadelphia, c/o Bishop Joseph Cistone, 222 North Seventeenth Street, Philadelphia, PA 19103-1299. The donation will be forwarded to the International Eucharistic Congress.

December Forty-Hours Devotions sites, times told

The December schedule for the Forty-Hour Devotion before the Blessed Sacrament has been announced for the East Deanery.

Adoration will be in Our Lady of the Lake Church in Lake Arthur from 7 a.m. Thursday, Dec. 6 to 6:30 p.m. Friday Dec. 7. At St. Lawrence Church in Raymond, exposition will be from 2 p.m. on Sunday, Dec. 9 to 7 a.m. on Tuesday, December 11.

At St. John Vianney Church in Bell City, the Devotion will be from 8 a.m. to 6 p.m. Monday, Dec. 17 and from 8 a.m. to 6 p.m. Tuesday, December 18.

On Wednesday, Dec. 19, the Devotion moves to St. Charles Borromeo Church in Fenton from 7 a.m. to 5 p.m. The next day, Thursday, Dec. 20, the exposition of the Blessed Sacrament will be in St. John the Evangelist Chapel in Lacassine from 7 a.m. to 5 p.m.

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