### Your August utilities bill could be on us **PAGE 5**

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August 11, 2015 | 50 Cents

INSIDE today





# School bells ring tomorrow

#### Superintendent expects smooth start to school year

**MICHELLE BATES** michelle@press-herald.com

school begins Wednesday, there a few things parents need to be aware of and some things that will help their children get through school more smoothly.

Webster Parish Superintendent of Schools Dr. Dan Rawls says the start to the 2015-16 school year will be relatively quiet, but he's looking forward to another great year.

With the education system in limbo right now, he they

will continue to move forward as they did last Stuvear. dents who will test this year will take PARCC-like

test, he said, but it will not be the Partnership for

Assessment of Readiness for College and Careers test they took last year.

120

100

"The curriculum and the testing is going to be the same as last year," he said. "The two things that are in the works that will have a significant impact are the group of educators going through the Common Core (State Standards) curriculum and it's

See **SCHOOL**, Page 2

#### WEBSTER PARISH Burn ban

in effect

A burn ban is in effect for Webster Parish upon the recommendation of the Webster Parish Police Jury and the Fire Chief's Association of

Webster Parish. The ban went into effect Monday, Aug. 10 and restricts all burning

inside of the parish.



Crimson Tide

back on field in

full gear

**SPORTS** PG.6

Germantown museum to open 3 days a week

**NEWS** PG.2



Gun Lies

#### **OPINION** PG.4

WEATHER

Tomorrow's Outlook





68 **LOW** 

Mostly sunny skies. Winds N at 5 to 10 mph.

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Vol. 47 No. 29









## ROLLOVER SENDS FOUR TO HOSPITAL

A rollover crash at the intersection Shreveport Road and Erwin Thompson Road Monday afternoon sent four people to the hospital with minor injuries. Minden police say a Chevy Equinox failed to yield while making a left turn and was struck in the side causing the Equinox to roll over. Police say no citations were issued. Responding officers were Lts. Wayne Young, Seth Young, Officer First Class Ken neth James and Officer Russell Engi. The Minden Fire Department responded to assist in the removal of the passengers in the SUV. Bruce Franklin/Press-Herald

MINDEN CRIME

# Stolen firearm sends woman to jail

**MICHELLE BATES** michelle@press-herald.com

A Garland Texas woman was arrested by Dallas County law enforcement on a warrant from the Minden Police

Department. Lauren A. Anderson, 31, of the 200 block of Trailview

Lane in Garland, arrested on a warrant for illegal possession of stolen things. Her bond was set at \$15,000.

Police Chief

Steve Cropper says she was stopped on a traffic stop by Officer First Class Kenneth James, and

officers questioned her. "She had a Texas driver's license," he said. "She didn't have it on her, but it was valid. She had a passenger in the car, and apparently offi-

See **FIREARM**, Page 3



LOUISIANA WEATHER

### Monday brought hottest day of 2015

Cooler temps expected this week

Monday marked the hottest day of the year with tempratures ranging around 105 and 106 degrees in northwest Louisiana. Monday marked the hottest day since Sept. 13, 2011. The region had zero days above 100 degrees in 2014. Forecasters say "cooler air" is expected to move into the area Wednesday and bring highs in the mid 90s. Bruce Franklin/Press-Herald



Clay Maraist, MD

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# SECONDFRONT

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The Germantown Colony Museum's newly constructed welcome center will be open from 10 a.m. until 3 p.m. Thursday through Saturday. Courtesy Photo

# Germantown museum to open 3 days a week

The hours of operation for the Germantown Colony Museum will return to its past schedule of operations, says Lynn Dorsey, executive director for the Webster Parish Convention and Visitors Bureau.

The museum's newly constructed welcome center will be open from 10 a.m. until 3 p.m. Thursday through

Due to budget shortages prior to

the end of the state's 2014-15 fiscal year, Secretary of State Tom Schedler was forced to restrict the hours of operations of museums under the department's management across the state to one day per week.

Now that the state's new fiscal year has begun, the museums have returned to their previous scheduled hours of operation.

The new visitor center houses

exhibits of historical artifacts, a gift shop and handicapped-accessible, public restrooms.

For more information, contact Jean Doerge, curator, at 377-6061 or jean.doerge@sos.louisiana.gov. The museum is located at 200 Museum

Road, off Germantown Road. Admission is free.

## Council on aging continues to seek fan donations

**MICHELLE BATES** 

michelle@press-herald.com

The Webster Parish Council on Aging is still seeking fans for its elderly recipients.

Dathene Brown, executive director of COA, says they have received some fans, and even disbursed some, but with the temperatures staying in the triple digits, fan donations will help many of the elderly they serve stay cooler.

"We did not get many fans on the local level," she said. "The Caddo Council on Aging gave us some, and they've passed out about 10 of those. We're serving those who are 60 years old and above, bur we've had one in their 50s put in an application."

Primarily, focusing on those 60 and older, she emphasized.

"What we don't giveout of this year, we'll put upstairs to have some to begin next summer," she said. "Let's hope it's not as hot as this summer."

The Webster COA is open from 8 a.m. until 4 p.m., Monday through Friday. To drop off a fan, deliver it to 1482 Sheppard Street. For more information, call 371-

## Louisiana Offshore Oil Port storage center getting bigger

PORT FOURCHON — The Louisiana Offshore Oil Port is adding three new above-ground oil tanks and 1.1 million barrels of storage capacity to its Clovelly Hub, one of the nation's largest oil trading and distribution centers.

The Advocate reports the new tanks will increase Clovelly's above-ground storage to 10.1 million barrels. LOOP also has 60 million barrels of underground storage.

Coleman,

business development, says the project is estimated to cost more than \$25 million and is set to be finished by late next summer.

The hub receives domestic and international crude by ships and pipelines, temporarily storing the oil before sending it on to U.S. refineries. The Clovelly Hub receives oil from wells in Texas, the Gulf of Mexico and the U.S. mid-

#### Minden High School to offer ACT testing incentives; dual enrollment shire's, and Johnny's pizza work, study and keep up Started a few years ago, dias, magazines, etc.) for with school and extracur-

#### **SCHOOL**

Continued from page 1

being tweaked. That's significant, because there will be a significant amount of changes from K through

For high schoolers, Minden High School principal Robin Tucker says they will be offering the same incentives they did last year before ACT testing.

"This program was a huge success last year and more and more students are taking the ACT sooner and more frequently," she said in an email to the Press-Herald. "Funding for this program has been through monthly Sonic nights, donations, Brook-

another great year of recognizing our students for the academic achievements."

She says they will continue to offer dual enrollment courses, which will allow students to earn college credit while still in high school. Some of those courses include Algebra III, psychology, American History and World History.

Everything else will stay the same, she said.

'We're just going to try to manage the heat as best we can, and we're looking forward to another great year," she said.

The Webster Parish Library will also be offering an array of resources for students to do their home-

nights. We look forward to their skills. Jennifer Heard, but just now picking up those who still want to ricular activities, they're children's coordinator, says they are offering some new ways to help children learn.

'We've always had the computers here in the children's department where they can get on and do their homework," she said. "We've got a new iPad kiosk with learning games that's specifically for younger children. It's got three iPads and there's 25 different apps on each tablet for the little ones to learn spelling, counting and that sort of thing."

steam, Heard says, is the Accelerated Reader program where the library puts the AR book level and point levels on all the books in the children's department and the young adult.

"It's automatically in the AR book find website," she said. "This is what they use to determine whether they can take the test in Webster. That's making it a little bit easier on the parents and the kids too."

They still have the reference materials (encyclopephysically put their hands on a book, she said.

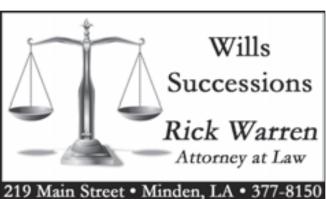
Trelana Martin, who works with the teens, says while they offer access to many of the same resource materials, they also focus on making it fun for students to read. They, like the children's department, offer a monthly book club where students will vote on a book to read. They are given a month to read it, and they return to the next book club meeting to discuss it.

"Since they're so busy

not going to have time to read a book in a week or so," she said. "We give them a whole month to read the book, and then we come in and have a twohour get together where we talk about it, ask questions and have a good time."

For more information about the curriculum for this school year, call Central Office at 377-7052. For more information about the library's resources, call





#### BIRTHDAYS FOR TUESDAY, AUGUST 11, 2015

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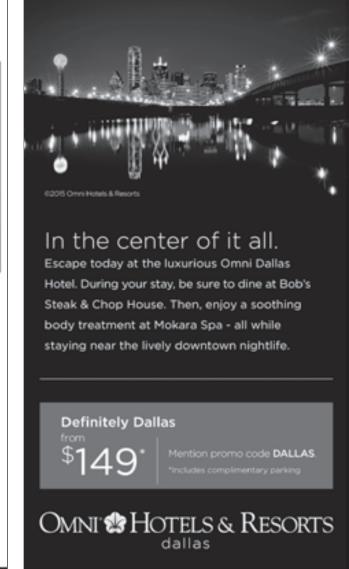
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# WEBSTER&N

HEALTHCARE

## Parents reminded to check children's immunizations

MICHELLE BATES michelle@press-herald.com

As school gets underway this week, parents are reminded to make sure their children's immunizations are current.

Dr. Kim Reagan, with Minden Pediatrics, offers some tips as to when children should be immunized and what vaccines they must have to attend school.

"Vaccines are a major part of what we do as pediatricians," she said. "We try to focus on keeping our kids healthy and trying to prevent diseases that could be devastating to them."

The major vaccines begin when a child is an infant. The major ages are at two months, four months, six months, one year, four years and 11

"Babies get their first immunization before leaving the hospital after they are born," she said. "This is a Hepatitis B vaccine and is the first in a series of vaccines for babies."

At two, four and six months old, they get the Hepatitis B, Haemophilus influenza type B, Diphtheria, tetanus and acellular

pertussis, or whooping cough, (DTaP), rotavirus, pneumococcal and polio, she said. At one year of age, children receive measles, mumps and rubella, chickenpox, and a repeat of the flu type B and pneumococcal vaccines. Another dose of the DTaP will also need to be given between 12 and 15 months.

"The next big time to get vaccines is at 11 years old when children get the Tdap (tetanus, diphtheria and acellular pertussis) and meningococcal vaccines to prevent meningitis," Reagan said. "We also offer Gardasil, which prevents HPV (human papilloma virus) which causes cervical cancer and genital warts anywhere between nine and 26 years old. This vaccine is approved to use in both boys and girls and is a three-part vaccine series."

Teens between the ages of 16 and 18 will need to get the meningococcal booster, Reagan says.

"We recommend that all kids who are going to college get this prior to leaving for college as meningitis can be easily spread in dormitories where many



As school gets underway this week, parents are reminded to make sure their children's immunizations are current. File Photo

people are living close to one another," she said. "We also recommend a yearly flu vaccine for all healthy patients six months of age or older."

Two doses are required the first time a person gets the vaccine with the second dose one month after the first dose. After the first time the patient gets the flu vaccine, they will only need one vaccine annually.

"We can also give a flu mist to children two years of age or older, who do not have a history of asthma or wheezing," she said. "This is a live vaccine that is given as a mist in the nose instead of a shot.'

For more specific questions regarding your child's vaccinations, Reagan recommends parents call their children's pediatrician as vaccines are spaced differently by providers. More information on vaccinations can be found on the Centers for Disease Control's website at www.cdc.gov.

### Suspect arrested in Texas on warrant for illegal possession of stolen things

#### FIREARM

Continued from page 1

cers became suspicious, and identified the driver and the passenger and asked both of them to step out of the vehicle."

Cropper says officers were given permission to search the vehicle.

"They were given permission, and inside the driver's purse, there was a loaded .380 Ruger pistol. Officers ran a check on the

gun but there was no hit on it at that point."

Officer James another check on the .380 Ruger pistol after the Webster Parish Sheriff's Office called in reference to the firearm and discovered it was stolen, Cropper says.

"It had been stolen, but it had not yet been entered into the system at the time of the traffic stop," the chief said. "The sheriff's office had entered it after the traffic stop, so we obtained a warrant for the stolen firearm."

By this point, Anderson had made her way to Dallas County, Texas. Cropper says she'd been arrested after reportedly trying to sell stolen items on the internet. Authorities in Dallas County were notified of the warrant and she

was placed under arrest.

Capts. Dan Weaver and Marvin Garrett traveled to Texas and brought her back to Minden to face

She was booked and taken to the women's jail.

Ms. Liz Towns entertaining the residents at the August birthday party.





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4 Tuesday, August 11, 2015 — Minden Press-Herald

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**PERSPECTIVE** 

# **Planning** the next

We made an interesting day trip recently that took us to Mena, AR where we checked out the antique stores and flea markets and had lunch at a downtown restaurant that was a combination cafe/art gallery. I think it was Artisan Cafe and Gallery.

The main object of the trip, however was to check out the "new" version of the Lodge at Wilhelmina State Park. It reopened on July 1 after an extensive remodel, starting over after demolishing down to the studs.

It is an entirely different creature than before. No reminder of the old lodge with the country motif. It is a sleek, modern structure with new kitchen and restaurant, gift shop, updated guest rooms, lobby and meeting rooms.Some of the rooms now have fireplace and spa bath upgrades. The large porches were graced

with several rocking chairs and some of the guests were gently rocking and enjoying the slight breeze and magnificent view.

While speaking with a young man who worked there, I learned that most of the 40 rooms are already booked

for the fall foliage season and are often booked a year in advance. Many bus tours make this a destination stop on longer tours. In addition

to the remodeled lodge, the train has been replaced with a

newer model. It takes visitors on a ride along the ridge of the property so they get a view of the outlying mountains. The park also has several campsites ranging from tent sites to larger sites that include water and 30 Amp

**FANNIE** 

Downtown we strolled along the streets, stopping occasionally to enter a flea market or antique store. We saw many beautiful objects, lots of useful items and many more items that made one wonder who would buy that. I know though, there is probably a buyer for any object that one chooses to offer for sale.

As I looked through the stores I kept hoping I'd find a small table I could use between our recliners that would hold a lamp, remotes and coasters for our coffee cups. I finally spotted one that I thought would be perfect. It was white with natural wood legs and pull knob on the one drawer. It seemed to be just what I wanted, however, Hubby assured me it was too large for my space. Since I didn't have my measurements I couldn't effectively argue with him and, to my chagrin, I had to leave it there.

But I'm still on the lookout. Not a new, shiny table, but one that has seen some life and will fit in with my lifestyle.

The day was long, however, it was an interesting ride.

All along the highway running through the small towns, one could find yard sales, garage sales and lots of "junk" sales. Some of these were not so attractive as the sellers just spread their wares on

the ground. Not neatly and orderly but they just seemed to have strewn things about. I wonder how many buyers, or even lookers such as we were, stopped for

In addition to the yard sales, several produce stands were found alongside the road. These

buying tomatoes, peaches and other goodies from the garden. We arrived home late in the day, but contented with the day's

were usually busy as people were

activities. And now, we're planning another jaunt.

Just waiting for the tempera-

ture to moderate a bit. Fannie Moore is a journalist who lives in Shongaloo where she enjoys writing on a variety of sub-

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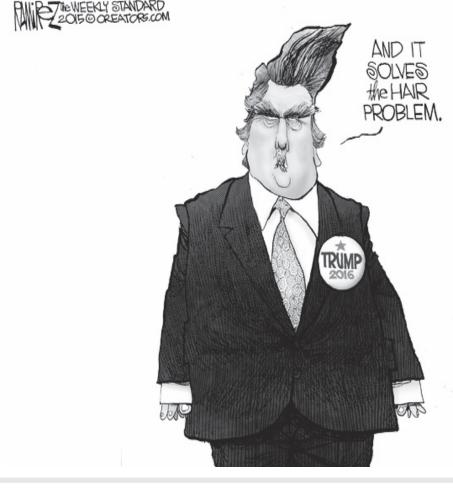
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**PERSPECTIVE** 

My town, New York City, enforces rigid gun laws. Police refused to assign me a gun permit. The law doesn't even let me hold a fake gun on TV to demonstrate some-

But New York politicians are so eager to vilify gun ownership that they granted an exception to the anti-gun group States United to Prevent Gun Violence. New York allowed States United to set up a fake gun store, where cameras filmed potential gun customers being spoofed by an actor pretending to be a gun-seller.

'This a nine-millimeter semi-automatic. It's a very handy gun. It's easy to use,"

he says. "You can carry it in a purse like that gal from Wal-Mart. Her two-yearold son reaches into her pocketbook, pulls it out, shoots her. Dead, gone,



**STOSSEL** 

no Mom!" States United then made that footage into an anti-gun public service announcement. "Over 60 percent of Americans think owning a gun will make them safer. In fact, owning a gun increases the risk of homicide, suicide and unintentional death,' says the video.

It's a powerful message. But it's a lie, says John Lott of the Crime Prevention Research Center. He says that gun control advocates lie all

Lott acknowledges the tragedies. Sometimes a gun in the home is used in a homicide or suicide, or leads to accidental death, but he

adds, "It also makes it easier for people to defend themselves — women and the elderly in particular.

Lott says, "Every place in the world that's tried to ban guns ... has seen big increases in murder rates. You'd think at least one time, some place, when they banned guns, murder rates would go down. But that hasn't been the

I pushed back: what about people harming themselves?

There are lots of different ways for people to commit suicide," Lott said, and researchers have looked at how those tragedies are affected by access to guns. "We find that people commit suicide in other ways if they don't have guns.'

What about accidents? Lott replies that accidental shooting deaths are relatively rare: "about 500 a year." That sounds bad, but about 400 Americans are killed by overdosing on acetaminophen each year (most of them suicides), and almost as many Americans drown in swimming pools.

"It would be nice if it was zero (but) consider that 120 million Americans own guns," Lott says.

Often those guns are used to prevent crime. The homeowner pulls out the gun and the attacker flees. No one knows how often this happens because these prevented crimes don't become news and don't get reported to the government, but an estimate from the Violence Policy Center suggests crimes may be prevented by guns tens of thousands of times per year.

Add politics to the mix and the anti-gun statistics get even more misleading. Gang members in their late teens or early adulthood killing each other get called "children." Fights between gangs near schools get called school

"mass shootings.' The number of mass shootings in America has been roughly level over the past 40 years, but the New York Times still runs headlines like, "FBI Confirms a Sharp Rise in Mass Shootings Since 2000." That headline is absolutely true, but only because they deceitfully picked the year 2000 as their start point, and that was a year with unusually few mass shootings. It's as if the paper wants to make it seem as if mass shootings are always on the rise, even as crime keeps

going down. It all helps stoke paranoia about guns. Some people respond by calling for more controls. Others, fearing the government may ban gun sales, respond by buying more weapons. The number of people holding permits to carry concealed weapons has skyrocketed to 12.8 million, up from 4.6 million just before President Obama took office. Since 40 percent of American households now own guns, anyone who wants to take them away will have a fight on his hands.

Has the increased gun ownership and carrying of guns led to more violence? Not at all. "Violent crime across the board has plummeted," says Lott. "In 1991, the murder rate was about 9.8 (people) per 100,000. (Now) it's down to about

I can't convince my friends in New York City, but it's just a fact: More guns

John Stossel is host of "Stossel" on Fox News and author of "No, They Can't! Why Government Fails — But Individuals Succeed.'

**EDITORIAL** ROUND UP

## Times-Picayune, on the new University **Medical Center** in New Orleans

It seemed at times that construction on the new University Medical Center to replace Charity Hospital post-Katrina would never begin. And then it seemed it would never end. But, at last, the building is done.

Twenty-eight days shy of the 10th anniversary of Hurricane Katrina and the levee breaches that flooded New Orleans in 2005, patients were transferred into the \$1.1 billion, state-of-the-art medical center.

Unlike the glitches, disagreements and delays over the past decade, move-in day went flawlessly. The move started at 6 a.m. Satur-

day (Aug. 1), and the last of 131 patients had been transferred from LSU Interim Hospital into University Medical Center before 1:30 p.m. Juara Wilson, of Baton Rouge, was

the first patient to be taken to a new room. Ms. Wilson, who was diagnosed with lymphoma in October, had spent long hours at the interim hospital. "I thought I was in another continent," she said after the move. She even got a bouquet of flowers from the medical center staff.

"I was at a loss for words," she

said. "I really felt like a queen." Rachel Alcina, of Kenner, was the second patient moved into one of the medical center's high-tech beds - which are programmed with hundreds of languages.

Ms. Alcina is in remission from breast cancer and recently underwent reconstructive surgery. Everything about the new room was an improvement, she said — from the rolling cart beside her bed to the extra space for family members.

"Everything is so soft, like the textures — which doesn't have a lot to do with the medical (care). But ... it makes you feel better," she said.

That isn't how you typically hear a hospital described. But this one has the look of a boutique hotel.

"We wanted it to feel not like a hospital," Mackenzie Skene, an architect at NBBJ, said earlier this summer. "You want a hospital that doesn't assault your senses, strip your privacy.'

Of course, this is a hospital — one covering 2.3 million square feet. It has 446 patient beds, 60 of those for people with mental health issues, and is the only Level One Trauma Center in the region. It is staffed by 2,000 employees, including 600 physicians, and is equipped with cutting-edge technology.

Images from operating rooms can be transmitted to classrooms throughout the complex. Interoperative imaging equipment will allow surgeons to order MRIs during sur-

Having a 21st century teaching hospital in the heart of New Orleans is important to the city's ongoing recovery post-Katrina. In addition to training new doctors, the medical center is a key component of a biomedical corridor in Mid-City that is expected to be an economic engine for the city. The other integral piece is the Southeast Louisiana Veterans Health Care System complex, which is under construction nearby. The new VA hospital is scheduled to open

The hope is that other health care and research facilities will fill out that part of the city and produce

high-paying jobs. The opening of the medical center — which is formally named the Rev. Avery C. Alexander Academic Research Hospital — is an important moment. But it will take a while to grow into its full role.

Initially, the hospital will use 250 of its 446 beds. Officials will work to fill the others over time. The hope is that top-notch facilities and medical care will draw patients from outside the region, as MD Anderson Cancer Center in Houston and University Hospital in Birmingham do.

That will require balance, though, because University Medical Center still has a mission to care for our community's indigent patients — as Charity Hospital did for so many

How successful the new hospital and the bio-medical corridor become will play out over time. But the long wait for the doors to open is over, and that is a positive sign for

New Orleans' recovery.

# WEBSTER

facebook.com/mindenph

#### Lunch Menu

Wednesday, May 12 Breaded Chicken Sand- Beef Taco, WK Corn, wich, Mashed Potatoes, Cinnamon Rolls, Taco Green Beans, Slice Carrots, Fruit

Cocktail/Bananas, Milk

Thursday, May 13 Salad Cup, Peaches/Grapes, Milk

Friday, May 14 Grilled Chicken Sandwich, Green Beans, Popeye Salad, Apples/Orange Wedges, Milk

The lunch menu for Webster Parish Schools will be published on Fridays.

#### **Around Town**

#### August 10 - 12, 2015

St. Mark Baptist Church will have its annual revival nightly at 7 p.m. Guest evangelist will be the Rev. Arthur Douglas.

Mount Dillard Christian Methodist Episcopal Church will have its revival nightly at 7 p.m. with the Rev. Derrick Harris.

Miller Chapel Gospel Baptist Church will have its annual revival 7 p.m. nightly. Guest speaker will be the Rev. Asby Glosson. All are welcome.

Pleasant Grove Missionary Baptist Church will have revival 7 p.m. nightly.

#### August 10 - 14, 2015

Jerusalem Missionary Baptist Church will have its "Recalling the Christian" revival program at 7:30 p.m. nightly. Special guests include minister Nathan Richardson, Russell Robinson and the Rev. Demetrice Bell.

#### August 15, 2015

Antioch Baptist Church will have its prepastor's anniversary celebration at 6 p.m. with guest speaker Elder Carnell Cooper. Musical guests will include Union Grove Choir, Bro. Bernard Webb, Voice of Thunder and The Violinaries.

#### August 16, 2015

Mt. Olive Baptist Church will have a homecoming program at 2:30 p.m. with guest speaker the Rev. Leroy Jones of St. Rest Baptist. Guest choir will be the Mayflower Baptist Church.

New Home Baptist Church of Taylor will celebrate its 78th anniversary at 2:30 p.m. with guest pastor John Cole of Mt. Comfort Baptist Church Minden.

#### August 16 - 20, 2015

Galilee Missionary Baptist Church will have annual revival. 3 p.m. Sunday Darrell johnson will act as evangelist. August 17 through 20 nightly at 7 p.m. Pastor Albert Mickel will be special guest.

Share your events with the community. Send your events to community@press-herald.com, fax them to 377-1866, over the phone by calling 377-1866 or in person at our offices located at 203 Gleason St. in Minden

# Healthy ways to handle stress

#### SPECIAL TO THE PRESS-HERALD

Stress affects people of all ages. The symptoms of stress can be extremely unpleasant, as participants in a study released earlier this year by the Statistic Brain Research Institute and the American Institute of Stress who reported experiencing physical symptoms of stress admitted to feeling fatigue, headache, upset stomach, and muscle tension, among other things.

Among those who reported feeling physical symptoms of stress, 77 percent admitted to feeling those symptoms regularly, citing job pressure and money as the primary causes of their stress. How men and women handle stress can impact both their immediate and longterm health, as stress has been linked to a host of problems and ailments, including sleep dysfunction and heart disease. Many people cope with stress in unhealthy ways, which may only exacerbate the effects of stress on the body. Certain methods of handling stress may work for some people but not others, but the following are a few healthy ways to combat stress.

- Limit alcohol and caffeine consumption. Many adults turn to alcohol at the end of a stressful day, but the Centers for Disease Control and Prevention note that relying on alcohol to cope with stress may only create more problems down the road, and those problems will only increase your stress levels. In addition, the Anxiety and Depression Association of America notes that alcohol and caffeine can aggravate anxiety and trigger panic attacks.
- · Rely on a support network. Coworkers, family and friends have stressful days, too, and such confidantes can help

you handle stress in healthy ways. The ADAA recommends men and women dealing with stress let their support circle know how they can help relieve stress. Many people simply need to talk to someone after a stressful day, which can feel like a weight has been lifted off their shoulders. Let your support network know you're there for them when they experience stress as well.

· Get daily exercise. Exercise pays a host of dividends, not the least of which is relieving stress. At the end of a stressful day, get some exercise instead of pouring yourself a drink or indulging in an unhealthy meal. When the body is physically active, the brain secretes endorphins, which are neurotransmitters that make you feel good. Regular exercise also helps you get a fuller, deeper sleep, which can be disrupted by stress.

 Eat a healthy diet. Diet also can affect how your body handles stress. Certain foods can tame stress. For example, oatmeal can boost levels of a calming chemical known as serotonin in your brain. That calming effect can make it easier to cope with stress. Other foods may help strengthen the immune system. Vitamin C, for instance, may help curb levels of stress hormones such as cortisol while simultaneously strengthening the immune system. Omega-3 fatty acids, which are found in fish such as salmon and tuna, may help prevent surges in stress hormones while also protecting against heart disease and depression, two serious conditions that studies have linked to elevated stress levels.

Healthy ways to handle stress can help men and women who are stressed out ensure that stress is not compromising both their immediate and long-term health.





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LOUISIANA TECH FOOTBALL

# Bulldogs back to work

practice starting time back a few hours but that didn't deter Louisiana Tech's players from showcasing enthusiasm for returning to the practice fields as the Bulldogs held their first fall camp practice Monday evening.

The practice was split into two sections with work taking place on the practice fields to start then the team wrapping up under the lights and on the new FieldTurf at Joe Aillet Stadium.

Originally scheduled at 3:30 p.m., the start time was pushed back to 7 p.m. due to the excessive heat North Louisiana is currently experiencing (Ruston experienced a high temperature of 105 degrees Monday). That didn't slow down any of the

players.
"I think we've got a lot of talent out there that can run and that was really obvious," head coach Škip Holtz said in a press conference after

Monday's practice. "When you are in shorts, it's pass skell, there's not any hitting and there's no offensive line you can get in a little false deal (security) but I thought

guys that did some good things out there."

Monday's practice began fall camp practices after the Bulldogs reported to campus Sunday. The speed shown on the field impressed several members of the coaching staff that were already excited to return to the practice

" I n my opinion – and this isn't just blowing smoke or c o a c h speak - I think we have one



of the best strength coaches, if not the best strength America," staff, in defensive coordinator Blake Baker said. "We were just talking about it as a staff in the locker room, on both sides of the ball. If we can put this together in 27 days with the speed we play with – and not everything was perfect but with the speed and strength of our guys, my hat is off to the strength staff. They did a phenomenal job."

While Holtz was excit-

RUSTON – The heat we had some guys that ed about the speed many may have pushed the first can run around and some of the newer players disof the newer players displayed in practice, he was cautious as to how that would translate into on the field throughout camp or in a game.

"I like the way some of the receivers run," Holtz said. "Jaqwis Dancy had some great speed. But how are they going to play when they put on pads? It is still way too early to tell. I am going to hold my reservations because I have tried to make early calls in the past and it is normally the guys you don't like in shorts but you love in pads. We are not going to a seven-onseven tournament, we are going to a football game. We are going to have to find out who is ready to put on the pads and play at this level and who's got the toughness it is going to take."

The later start time with the cooler – at least by comparison - weather may have helped the team keep an upbeat tempo throughout Monday's practice session, but it is still early in a rigorous camp that will the 2015 define Louisiana Tech Football

"I certainly think that helped the tempo and

mindset and the way they are working right now," Holtz said of the later start with less oppressive temperatures. "We'll learn about this football team as they go. They were out there and had a lot of energy, a lot of passion, flying around and running around. We'll find out where we are when we hit day five or six and start putting on pads. That's when you really start to find out what kind of character your football team has

and what type of team you are going to have for the course of the season. I like what I saw but it is

still early on day one."

That character Holtz alluded to will be one that defines whether the Bulldogs can return this fall and take care of what Holtz has often described as "unfinished business" from a handful of games last fall, most notably against Marshall in the Conference USA Championship Game.

The drive to return to LATechSports.com.

the league's title game and claim a conference championship begins on Sept. 5 when the Bulldogs host Southern in the newly expanded Joe Aillet Stadium. Several ticket packages – including full season tickets, mini-plans, family packs and single game tickets – are currently on sale from the LA Tech Ticket Office by calling 318-257-3631, emailing TechTickets@latech.edu or by visiting

#### MINDEN FOOTBALL

# Crimson Tide back on field in full gear





The Minden Crimson Tide were in full pads on Monday for the first time this season, literally starting off the season with a bang. This will be the third season for the Tide under head coach Spencer Heard and the Tide are poised for big things with 15 starters back from a 7-4 team that was a No. 12 seed in the playoffs a

The Crimson Tide will scrimmage with Captain Shreve on Friday, August 21, at 6 p.m. in Shreveport.



#### LOUISIANA OUTDOORS

## Consignment shop new concept for outdoor gear

Roy Stapp is an energetic businessman in the north Louisiana area. He has been successful in a variety of ventures but the one upon which he is currently embarking has him more than excited. August 1 was opening day of his Sportsman's Consignment Shop.

"I have a friend in Columbia, SC who opened a similar business there a couple of years ago and he has been stunned at the response of outdoors-minded folks in that community. He realized there were lots of sportsmen who needed a place to sell outdoor gear they no longer wanted or needed and has been overwhelmed with the response. I firmly believe that with all the hunters

and anglers in this area, the same concept would work right here in our part of the country," Stapp

doors The Sportsman's Paradise Consignment opened Saturday August I and even with your I'm even with very little publicity initially, scores of people visited the store last Saturday looking for gear to buy.

"We didn't have

anything for them to purchase on the day we opened but this reinforced my conviction that once we have it for sale, people will come in to make purchases that will save them money. What we need right now is for people to bring us materials that we can sell for them," Stapp

The outdoor gear consignment idea differs from other such outlets like thrift stores, pawn shops or on-line sales out-

lets such as E-Bay.
"Thrift store sell lots of supplies but they're in

operation by way of citizens donating items for the purpose of raising funds for charitable organizations. At o "Stapp our store, said, "someone wishing to bring us their gear to sell will be making money they can pocket rather than simply donating it."

When you think of what can be brought to the store and placed on consignment, the possibilities are endless.

"A hunter or fishermen needing to upgrade his hunting or fishing gear can bring what they have here for us to sell for them and use the money they make to purchase new

gear. Think of what you have in your closet of garage you no need; longer hunting clothing you outgrew, things like tents, canteens, knives, Boy Scout and Cub Scout uni-

forms, rods and reels - the possi-

bilities are endless. "We're in the process of obtaining our Federal Firearms License (FFL) and once we've been approved, we can take guns on consignment. Also," Stapp continued, "we're looking for highend gear. We don't want things purchased at discount outlets but are interested in brand names like Scent Loc, Mossy Under Oak, Armor, Columbia and in the fishing department, brand named reels such as Abu Garcia and Shimano. We want whoever purchases the gear you consign to us to be pleased knowing they've bought a top quality product."

Sportsman's Paradise Consignment is conveniently located at 4707 Cypress St. in W. Monroe and is located halfway between Well Road and Downing Pines exits off I-20. The building is newly renovated, is spacious and air conditioned with highly visible signs out front making the building easy to locate. number Phone

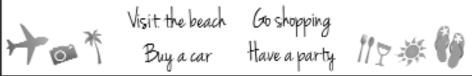
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"One other thing we'll be doing is in case folks have gear they wish to consign with proceeds going to a charitable organization such as their church, we'll be able to make the check out to whomever they choose,"

Stapp said.
"I am convicted that people want to have a place to sell their outdoor equipment and clothing they no longer need and," said Stapp, "we feel we can offer them that."

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# Trump defends comments on Fox News anchor

Trump said Monday he never intended to say anything inappropriate about Fox News Channel's Megyn Kelly and said the uproar over his criticism is all fueled by the press.'

This wasn't meant to be much of an insult," the billionaire real estate executive and Republican presidential candidate said in a telephone interview with NBC's "Today" show. In his remarks, Trump again tried to clarify what he had said about Kelly, one of the moderators of last week's presidential

During the debate, Kelly asked the Republican candidate about negative statements he's made in the past about women. Trump was angered by the line of questioning and later told CNN that Kelly had "blood coming out of her eyes, blood coming out of her wherever."

Trump said in the Monday interview that he didn't get to complete his description about how he thought Kelly was being so angry toward him. But he did say, "She asked me a question that was nasty and I gave her a pretty tough answer.

Addressing comments he made last Friday in an interview on CNN, Trump said, "I said she was so angry that blood was coming out of her eyes. I said blood was coming out of her .... and I didn't even finish it."

Trump has been digging in his heels since last Thursday's nationally broadcast Fox News debate as his rivals work to navigate a GOP presidential primary campaign that has been dominated by reaction to one of his bellicose statements after the

He said the other candidates benefited from his presence last

They had 24 million people watching," Trump said. "If I wasn't on the show, they would have had 2 million." Trump gave a series of phoned-in television interviews Sunday responding to the latest controversy surrounding his campaign.

This time Trump, who has made inflammatory statements against Mexicans crossing the border illegally and Vietnam War veteran Sen. John McCain, R-Ariz., was under fire for his CNN

Kelly had questioned Trump's history of insults directed at



women and whether that kind of language would perpetuate the idea of a Republican "war on

women.' Trump, who has enjoyed an early lead in the polls, refused to apologize for the remark Sunday, and said that only a "deviant" would have thought he'd intended the word "wherever" to mean anything other than her

ears or her nose.

"I apologize when I'm wrong. But I haven't been wrong. I mean, I said nothing wrong," Trump told NBC's "Meet the

He also declared that he would be a wonderful president for women, despite his history of

sexist remarks. "I'm very much into the whole thing of helping people and helping women," he said on CBS's "Face the Nation.'

"Women's health issues are such a big thing to me and so impor-

Trump's remarks resulted in him being disinvited from a major conservative gathering and also earned criticism from several of his rivals, including

former Hewlett-Packard CEO Carly Fiorina, who said that Trump's comments were "completely inappropriate and offen-

Trump's campaign is currently in the middle of a shakeup after having parted ways with Trump's longtime adviser Roger

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01	Springbill Civic Center, 101 Machen Drive, Springbill	August 15, 2015—SAM—ELAM All Bids Most Se Submitted by Seturdes, August 15, 2015. 12:00 AM At the above
02	Springhill Civic Center, 101 Machen Drive, Springhill	address Bids Most Bit in A Sealed Envelope With The Bidders Signature Along The Envelope Flag For Security Bids Should Include - Name And Contact
02B	Springhill Civic Center, 101 Machen Drive, Springhill	Phone Number: Bids Will be Opened On Setunday, August 15, 2015. At 197/109 Fuller: Street, Mindley, LA 71055 at Noon
03	Springbill Civic Center, 101 Machen Drive, Springbill	Winning Bid Will Bond To Fay By Monday August 57, 2015. For Questions Call (\$18) 509-2122
04	Springhill Civic Center, 101 Machen Drive, Springhill	Fuller Center of Webster Reserves The Right To Reject Any Or All Bills
05	Springhill Civic Center, 101 Machen Drive, Springhill	
05A	Springhill Civic Center, 101 Machen Drive, Springhill	SMALL
06	Cullen Municipal Building, 405 Coxle Avenue, Cullen	DO SE
07	Sarenta Community Building, 210 Vines Street, Sarenta	CALL AND
08	Sarepta Community Building, 210 Vines Street, Sarepta	
09	New Shongaloo Civic Center, 119 Highway Alt. 2, Shongaloo	YOURS T
10	New Shongaloo Civic Center, 119 Highway Alt. 2, Shongaloo	377-18
11	Sarepta Community Building, 210 Vines Street,	
12	North Webster Upper Elementary, 6245 Hwy.	CRYPTOQUIP
13	North Webster Upper Elementary, 6245 Hwy.	FJUK BUQBNU F
14	160, Cotton Valley Evergreen Community House, 1857 Evergreen	UKQDRJ PNQWI
15	Road, Evergreen Pleasant Valley Community House, 1099	MUPUKW, O FQDN GZU QEUZ-SGZO
16	Minden Community House, 711 Gladney	Yesterday's Cryptoquip: PIECE THAT PRODUCES VISI
17	Street, Minden Alternative School, 109 Clerk Street, Minden	FRENCH PASTRY: "ECLAIR I Today's Cryptoquip Cl
17A	Alternative School, 109 Clerk Street, Minden	CROSSWORD ACROSS 35 Eucalyp- 53
18	Alternative School, 109 Clerk Street, Minden	1 Apply tus eater your John 36 Neverthe- Hancock less DO
21	Alternative School, 109 Clerk Street, Minden Minden Civic Center, 520 Broadway Street,	5 Pharm. 37 Disen- 1 watchdog cumber 8 Old map 38 Perfor- 2
22	Minden	abbr. mances 12 Verifiable 41 Johnson
24	Minden Civic Center, 520 Broadway Street, Minden	13 Actor or Heflin 3 Voight 42 Windy 14 Conten- City
25	Phillips Elementary School, 811 Durwood Drive, Minden	dere abbr. 4 preceder 45 Prom 15 "Gran trans- 5
25A	Phillips Elementary School, 811 Durwood Drive, Minden	Torino" portation star <b>46</b> Bone <b>17</b> Prepares china <b>6</b>
26	Minden Civic Center, 520 Broadway Street, Minden	Easter name 7 eggs 48 Black 18 Potent and white 8
27	Minden Civic Center, 520 Broadway Street, Minden	stick treat 19 Mess up 49 Historic 20 Abacus period
28	Minden Community House, 711 Gladney Street, Minden	compo- 50 Between 9 nents jobs 21 Father 51 Flex 22 Peace- 52 Tavern 10
29	Harper Elementary School, 618 Germantown Road, Minden	nik's worry Solution time: 2 23 Access
31	Minden Community House, 711 Gladney Street, Minden	23 Access a chat room 26 Allergy
32	Dubherly Fire Station, 838 Hwy. 532, Dubherly	inducer PRETZEL  30 First EIRE GAB  victim AFIRE M:
33	Minden Civic Center, 520 Broadway Street, Minden	31 Happi- ness AKINN JOINNAG
34	Minden Civic Center, 520 Broadway Street, Minden	the cake 33 Gave way  The cake GINS EEL  Yesterday's an
35	Sibley Civic Center, 127 SE Fourth Avenue, Sibley	1     2     3     4     5     6     7       12     13
36	Dubberly Fire Station, 838 Hwy. 532, Dubberly	15 16 19 19 19 19 19 19 19 19 19 19 19 19 19
38	Heflin Civic Center, 116 N. Main Street, Heflin	21 2
39	Heflin Civic Center, 116 N. Main Street, Heflin	23 24 25 26
<b>4</b> 0	Sibley Civic Center, 127 SE Fourth Avenue, Sibley	30 31 33 34
41	Dayline High School, 376 College Street, Dayline	36 33 38 39 40 41
42	Dayline High School, 376 College Street, Dayline	45 46
43	Fire District #7, Fire Station #5, 11217 Hwy. 80, Minden	48     49       51     52

# THANK

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#### RYPTOQUIP

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20 Satchel

21 Parton's theme park 22 Method 23 Not of the cloth 24 Sapporo sash

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Today's Cryptoquip Clue: B equals P ROSSWORD 35 Eucalyp-53 Wanders

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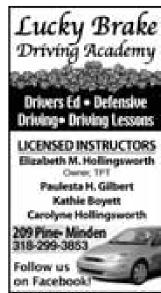
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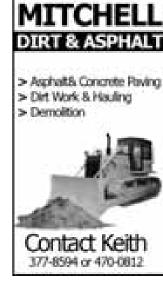






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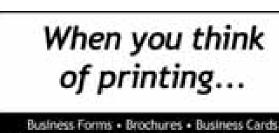
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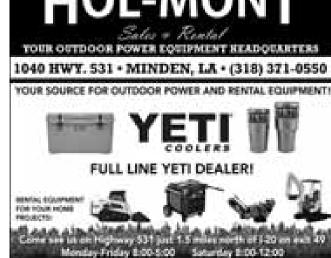
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