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October 1, 2015 | 50 Cents

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today

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celebrate Girls
State citizen

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TOMORROW'S OUTLOOK



84
HIGH

54
LOW

A mainly sunny sky.
Winds N at 10
to 15 mph.

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Vol. 47 No. 63

OCTOBER IS BREAST CANCER AWARENESS MONTH

Self exams,
mammograms
key to early
detection

MICHELLE BATES
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Screenings and prevention – those are the first words that come to mind for two Minden physicians when they think of breast cancer awareness.

October is breast cancer awareness month, and Dr. Denise Webb, family practitioner, and Dr. Clay Maraist, OB/GYN, say regular self-breast exams and knowing your body is key in prevention or early detection of breast cancer.

“The big age that we think of is 40,” Maraist said. “Usually at 40, it’s recommended that women get annual mammograms. That is the bread and butter of what we do for breast cancer screening.”

Webb says prevention is key, and a woman needs to know what’s normal for them through regular self-breast exams.

“The screenings are very important, even for our younger population,” she said. “Knowing your body, doing the self exams on a regular basis; and the other thing is knowing your risk factors, your family history – the things that go into putting you at a higher risk of developing breast cancer.”

When performing a self-exam, Maraist says to look for any kind of abnormal changes, such as lumps or bumps, discharge, and any changes in nipple positioning. He says sometimes changes in nipple positioning can be an indicator of something going on. Webb added that women need to look for changes in skin color or the shape of the breast as well.

Mammograms are procedures where radiologists take X-rays of the breasts. Webb says they are looking for abnormal changes in the breasts, such as masses or to do comparisons if women have annual exams.

“This is why mammo-grams are so important,” Maraist said. “There are two types of mammograms. One is a screening mammo-gram and the other is a diagnostic mammo-gram. Usually if you are coming in for a diagnostic mammo-gram, you’re usually having some kind of problem. The only thing different is they might take three views (for a diagnostic mammo-gram).”

Webb says there may be additional imaging done, such as an ultrasound.

Women who procrastinate on getting mammograms say fear of the exam itself is a common factor for not getting one, Webb and Maraist say.

“The testing may be uncomfortable, but at the same time, I put it to my patients this way, Yes, it’s a couple of minutes of discomfort, but cancer is a lot more uncomfortable,” she said. “It’s better for us to find something than for it to find you. It’s way more involved if it finds you.”

“If you had a mammo-

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DETERMINING YOUR RISK

There are several factors that can increase a woman’s risk for breast cancer. These include:

- » Being over the age of 50,
- » A family history of breast cancer,
- » Being overweight,
- » Lack of exercise,
- » An unhealthy diet,
- » Alcohol intake of more than two drinks per day,
- » Early onset of menstruation,
- » Not having a pregnancy before the age of 35.

TUMOR SYMPTOMS

For people who display one or more of the risk factors, it is important to understand and be able to detect the symptoms. While breast cancer often has no symptoms in its early stages, the following symptoms may be present as a tumor develops:

- » A lump in the breast or underarm that persists after your menstrual cycle,
- » A marble-like area under the skin,
- » Swelling in the armpit,
- » Persistent breast pain or tenderness,
- » Any change in the size, contour, texture or temperature of the breast,
- » A noticeable flattening or indentation on the breast,
- » A change in the nipple, such as an indrawn or dimpled look, itching or burning sensation, or ulceration,
- » Unusual discharge from the nipple.

MINDEN CRIME

‘Revenge porn’ arrest made

Man posted picture of
woman on neighbor’s
doors, police say

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A Springhill man is in trouble with the law after he reportedly posted a private photo of a woman on the doors of the apartment complex in which she lives.

Under a new law that went into effect in August, it is illegal to distribute private images without the consent of the individual to whom it belongs.

Caesar Nelmas, 29, of the 1300 block of S. Arkansas Street in Springhill, was arrested Friday, Sept. 25 by Minden police and charged with nonconsensual disclosure of a private image. Bond was set at \$5,000.

Minden police chief Steve Cropper says this is the first time his department has made

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**NELMAS**

COURT WATCH

Man gets 25 years for sex crimes

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A Shongaloo man has been sentenced to 25 years in prison involving a 40-year span of sex charges.

Gary R. Modisette, 68, of the 29200 block of Highway 157, was sentenced to 25 years at hard labor with the Louisiana Department of Corrections without the possibility of probation, parole or suspension of sentence on four counts of indecent behavior with a juvenile and two counts of molestation of a juvenile. These sentences are to run concurrent, which means they will run at the same time.

He was sentenced in front of

See **MODISSETTE**, Page 3

**MODISSETTE**

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SECONDFRONT

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Changes to food assistance program starts Thursday

BATON ROUGE — Changes are coming for some people receiving food assistance benefits.

Effective Thursday, the state says able-bodied adults without dependents must meet a minimum work

requirement to qualify for the benefits.

The state, in a news release, said those in that category will be required to work at least 20 hours per week or be enrolled in a federally-approved job training

program. If such a person doesn't meet the requirement, they will only receive benefits for three months out of a 36-month period.

The change comes as the state allows a federal waiver to expire Thursday. The

waiver currently allows adults, ages 18 to 49, who are capable of working but who aren't working and who don't have children to receive Supplemental Nutrition Assistance Program benefits without an imposed time limit.

COURT WATCH

Webster court news

Wavreunta Davis: Charged with second degree battery. Probation revoked. Serve original sentence, credit for time served. Pled guilty to second degree battery. Sentenced to one year of hard labor at the Louisiana Department of Corrections, credit for time served, to be served consecutively.

Christopher Alan King: Charged with simple burglary. Status hearing continued to Dec. 14. Trial set for March 7, 2016.

Tyler Stomberg: Charged with simple burglary of a pharmacy and simple burglary of an inhabited dwelling. Status conference set for Nov. 30. Trial set for March 7, 2016.

Shannon D. Strother: Charged with racketeering. Status conference set for Oct. 12. Trial set for Oct. 19.

Joshua Vallo: Charged with aggravated rape and aggravated incest. Pass to be set by order.

Latwan Terrell Winston: Charged with domestic abuse aggravated assault and domestic abuse battery (first offense). Status conference set for Dec. 14. Trial set for March 7, 2016. Bond reduced to total of \$30,000. No possession of firearms or dangerous weapons, attend anger management, no inappropriate conduct with alleged victim or wife. This supercedes any bond conditions applicable to six weeks hearing.

Dustin Bailey: Charged with forger and resisting an officer by refusing to give identity. Status conference set for Nov. 9.

James C. Bennett: Charged with simple burglary. Status conference passed to Oct. 2.

Quincy Ladon Brown: Charged with five counts of theft of \$1,500 or more. Sentenced to 10 years of hard labor at the Louisiana

Department of Corrections for each count for a total of 50 years, to be served consecutive and concurrent.

Michael J. Burge: Charged with amended charge of simple battery and possession of a Schedule II CDS. Possession of marijuana or synthetic cannabinoids and possession of drug paraphernalia charges were dismissed. For simple battery charge, sentenced to six months in the Webster Parish Jail, to be served concurrent with count 2. Sentenced to five years of hard labor in the Louisiana Department of Corrections, suspend all but one, two years of active supervised probation, must pay \$1,500 plus court costs prorated over one year.

Zyneka Zekial Caldwell: Pled guilty to simple possession of marijuana or synthetic cannabinoids (second offense) and operating a vehicle while intoxicated (second offense). For simple possession charge, sentenced to six months, suspended, one year of active supervised probation, must pay \$500 plus court costs prorated over six months. Sentenced to six months, all but two days suspended, credit for time served on this charge only, must pay \$1,000 plus court costs, one year of active supervised probation for operating a vehicle while intoxicated charge. Probations are to run concurrent, all others consecutive. Must complete eight 8-hour days of community service.

Michael Jackson: Charged with attempted felony theft and simple criminal trespass. Passed to Feb. 22, 2016.

Carttavious Qualls: Charged with molestation of a juvenile. Status conference passed to Oct. 2.

LSU hospital's suit against Willis-Knighton to go to trial

SHREVEPORT — A federal judge says an antitrust lawsuit can go to trial against the regional competitor of LSU's Shreveport hospital.

The Willis-Knighton Health System had asked District Judge Elizabeth Foote to throw out claims made by the foundation which runs LSU's Shreveport and Monroe hospitals. The Biomedical Research Foundation of Northwest Louisiana claims Willis-Knighton is trying to take its paying patients and uni-



versity-affiliated doctors. Willis-Knighton says it

plans to operate LSU clinics for Medicare and Medicaid

patients.

The Times reports that Foote has denied Willis-Knighton's motion to dismiss the suit. She said it isn't clear whether commercially insured patients would move to Willis-Knighton or whether University Health-Shreveport could recover damages for any harm from such transfers.

The foundation contends that losing paying patients could cost it up to \$20 million.

CANCER

Continued from page 1

gram with a little discomfort, your mind would be at ease for the rest of the year," Maraist said. "You wouldn't have to worry about it for another year."

With today's technology, mammograms are a little more comfortable than they used to be, they said.

Cancer is the abnormal growth of cells, the physicians said. Breast cancer is the abnormal growth of cells in the breasts. They say it's important to note that men are not immune to developing breast cancer. It's also important to note that genetics play a role in the risk factors as well.

"We often focus on women, but both men and women have breast tissue, meaning men can have breast cancer," Webb said. "That's why the self-exams are so important. Mammograms are important, knowing what your body is like and knowing your background and what your risk factors are."

Statistics show that in 2015, nearly 232,000 American women will be diagnosed with invasive breast cancer. That means they become part of the 2.8 million people living with the disease or a history of it.

Maraist says that if it is caught early, people diagnosed can have relatively good outcomes.

"If you catch it early, sometimes just taking that mass out can be curative if not a lifelong treatment for it," he said.

"This October, Minden Medical Center and our partnering providers will proudly join hundreds of other businesses, organizations, celebrities and even professional athletic teams in celebrating the 30th anniversary of Breast Cancer Awareness Month," according to an MMC news release. "Launched in 1985 through a partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries, the goal remains simple: to raise awareness of breast cancer and fight the disease through early detection."

Dr. Webb will be putting on a community wide scavenger hunt in an effort to raise awareness. Weekly clues will be published in the newspaper.

At MMC, a mammogram is a simple 25-minute procedure and is offered as an outpatient service in their Breast Care Center.

"The center is equipped with safe and advanced technology," MMC officials say. "The center is staffed exclusively by registered women technologists who can show special consideration because they understand your feelings and your need for privacy first hand."

SELF EXAMS

Forty percent of diagnosed breast cancers are detected by women who find a lump in their breast, so establishing a regular breast self-exam routine is essential. The National Breast Cancer Foundation recommends that women conduct breast self-exams once a month.

» **In the shower: Circle each breast with finger pads from the outside to center. You are checking for a lump, thickening or hardened knot.**

» **Lying down: Raise one arm overhead and check that side with the opposite hand. Move fingers in a small circular motion on breasts, using light, medium and firm pressure. Squeeze the nipple; check for discharge and lumps. Switch sides.**

» **In the mirror: Visually inspect your breasts. Raise your arms high and look for changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Continue checking while putting arms at your side and squeezing chest muscles.**

MAMMOGRAMS

Call 371-2166 to schedule your mammogram with Minden Medical Center or request an appointment online by visiting www.mindenmedicalcenter.com/registeronline.

Extended Hours – To better accommodate busy schedules, Minden Medical Center is offering screening mammograms on Saturdays from 10 a.m. until 3 p.m. in addition to Monday-Friday from 8 a.m. until 4:30 p.m.

Free mammograms are available at Minden Medical Center to women age 40 or older, who do not have private insurance, Medicaid or Medicare. To see if you qualify, call 371-4434.



Wills Successions

Rick Warren
Attorney at Law

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- Saturday Afternoon, after lunch - 1:30 to 4:30 PM – **Business Assessment with Business SWOT Analysis, Developing Your Own Business Growth and Improvement Plan**


The Northern Louisiana BizAccelerator is funded by **USDA Rural Development** and focuses on helping rural business enterprises in North LA. Training Workshops will be hosted by **Winrock International** in partnership with the Professional Instructors from Cathy Denison, PhD and Associates Professional Services, Inc. (Denison and Associates). For more information, contact (337) 502-1911 or business@denisonassociates.com.

TRAINING WORKSHOP DATES and LOCATION

- October 2-3, 2015 – RV Building, 101 West Church Street, Springhill, LA, 71075



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WEATHER

Hurricane Joaquin gains force near Bahamas, heads toward US

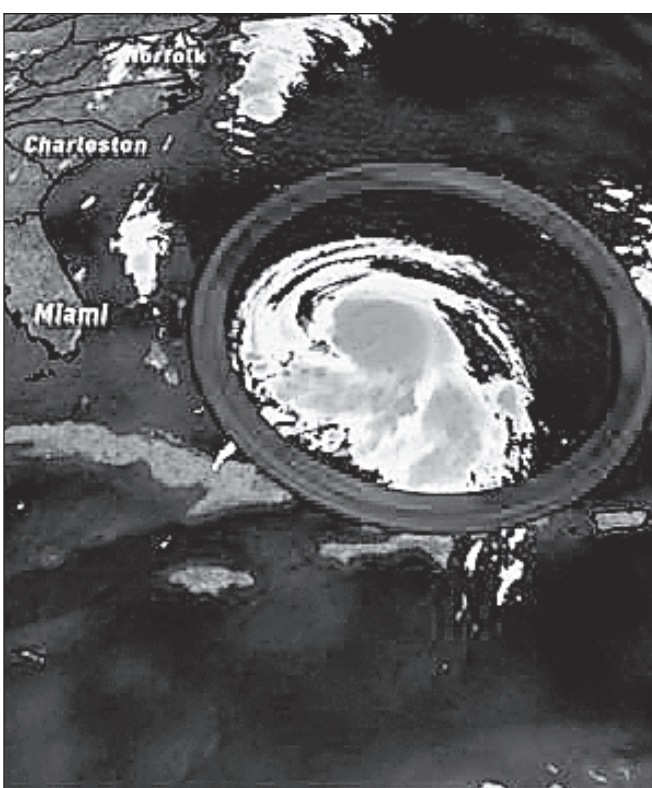
MIAMI — Hurricane Joaquin grew into a category 3 storm late Wednesday as it approached the central islands of the Bahamas on a projected track that would take it near the U.S. East Coast by the weekend.

Maximum sustained winds reached 115 mph (185 kph) and hurricane strength winds extended 35 miles (55 kilometers) from the center of the storm over the Atlantic Ocean, said the U.S. National Hurricane Center in Miami, which predicted Joaquin would develop into a major hurricane in the coming days.

Authorities in the Bahamas prepared for a brush with the storm, with the center expected to pass near or over several islands during the night and Thursday.

A turn to the north and northwest toward the United States was expected late Thursday or Friday, but forecasters were still gathering data trying to determine how it might affect the U.S.

"We've got Air Force reconnaissance planes continuously giving us data from inside the hurricane this morning, and we're going to be throwing a lot more aircraft resources at this problem over the next few days because it still is not certain whether or not Joaquin will directly impact the U.S. East Coast or stay out to sea," said Rick Knabb, director of the National Hurricane Center.



A hurricane warning was posted for the islands of San Salvador, Cat Island, Eleuthera and Rum Cay, with the threat of storm surges, coastal flooding and 5-10 inches (13-25 centimeters) of rain, said Geoffrey Greene, a senior forecaster with the Bahamas Meteorology Department.

"We would be very concerned about them," Greene said.

Stephen Russell, director of the country's National Emergency Management Agency, said the approach of

the storm brought storm surges that washed out a portion of the main road in San Salvador and some people in low-lying areas on the island of Mayaguana were urged to evacuate their homes.

Those islands have relatively small populations, fewer than 1,000 on San Salvador, but they are vulnerable in a storm since most of the people live along the shoreline in modest homes.

A warning also was issued for some more populous islands in the northwestern Bahamas, including Grand

Bahama and New Providence, where the capital of Nassau is.

On Eleuthera, a narrow strip to the north of Cat Island, people removed stray coconuts and other debris from their yards and put up storm shutters in blustery winds, said Chris Gosling, who runs a volunteer ambulance service on the island. Islanders have learned from past storms not to take chances.

"People don't panic too much. There's nothing you can do about it. If it comes, it comes, and you do what you can," said Gosling, who has lived on Eleuthera for 27 years. "If the forecast is right we will get some wind and rain and it will go back out to sea."

The U.S. National Hurricane Center's long-term forecast showed the storm could near the U.S. East Coast above North Carolina on Sunday.

"Residents of the Carolinas north should be paying attention and monitoring the storm. There's no question," said Eric Blake, a hurricane specialist with the center. "If your hurricane plans got a little dusty because of the light hurricane season, now is a good time to update them."

The center of the storm late Wednesday was about 170 miles (275 kilometers) east of the central Bahamas and moving toward the southwest at 6 mph (9 kph).

AROUND THE STATE

Treasury finds \$35M in unclaimed benefits

BATON ROUGE — State Treasurer John Kennedy says routine audits of life insurance company policies have uncovered \$35 million that should have been paid to Louisiana residents.

Kennedy, in a news release Wednesday, said the department recently paid \$80,000 to a New Orleans widow who didn't know her late husband had a life insurance policy.

Working with Versus Financial LLC, Kennedy's office compares outstanding policies to the Social Security Death Master File.

Kennedy says insurance companies often don't make concerted efforts to locate heirs, resulting in unpaid policies.

The Louisiana Treasury has been conducting the audits since 2009.

So far this year, Kennedy says claimants have received \$2.6 million from the policy audits.

Residents can search for missing money through the Unclaimed Property program at www.LATreasury.com or call toll free at 1-888-925-4127.

AROUND THE STATE

Shreveport police seek helmet-wearing robber

SHREVEPORT — Shreveport detectives are working to catch the person responsible for holding up a bank inside a Wal-Mart store.

Police say in a news release that officers were called Wednesday afternoon to the Wood Forest National bank located inside the Wal-Mart Super Center on Westport Avenue.

Cpl. Marcus Hines says officers were told an armed assailant had just robbed

the bank and fled the store in a light colored sedan, possibly a Subaru.

Hines says information gathered suggest the armed man was wearing a motorcycle helmet during the robbery.

Once at the counter, the robber allegedly demanded the teller hand over cash from the drawer. After making off with an undisclosed amount of cash, Hines says the man left the business running on foot.

OBITUARY

Margie Kirkland Haygood

Funeral services for Margie Kirkland Haygood will be at 10 a.m. Friday, Oct. 2, 2015 at Calvary Missionary Baptist Church in Minden with the Rev. Jim Crain officiating.

Interment will follow at Gardens of Memory in Minden under the direction of Rose-Neath Funeral Home. The family will receive friends from 5 until 7 p.m. Thursday, Oct. 1, 2015 at Rose-Neath Funeral Home in Minden.

Margie was born Jan. 26, 1932 in Liberty, Mississippi and entered into rest Sept. 30, 2015 in Minden.

She was a retired cafeteria worker for Webster Parish Food Service.

She is preceded in death by her husbands, Paul Dean Kirkland and Eddie Haygood.

She is survived by her sons, Leslie F. Kirkland and wife Katherine of Minden, Dale Kirkland and wife Terye of Minden, David G. Kirkland and wife Gayle of Longview, Texas, Roger N. Kirkland and wife Shelly of Minden; sisters, Nettie Jane Caston of Sorrento and Grady Ruth Jones of Gonzales; 10 grandchildren; and numerous great and great-great-grandchildren.

MODISETTE

Continued from page 1

26th Judicial District Judge E. Charles Jacobs Monday, following a plea agreement.

Assistant district attorney Hugo Holland says they are pleased with the outcome of the case.

"With Modisette's advanced age, a 25 year sentence is very close to a life sentence for him," he said, "especially since sex crimes generally require flat time without benefit of probation,

parole or suspension of sentence."

One of Modisette's victims spoke out following his sentencing Monday, saying she was glad to know that he will not be able to hurt another woman.

"I was a victim in 1991," she said, adding the incident occurred when she was just 15 years old. "It's awesome because he can't hurt any other young girls or women ever again. When it resurfaced in the paper in January, I'd already kind of dealt with it, and when I saw it in the paper, it took me back to

that day."

While her case was not among those he was sentenced for, she says hers was one of the catalysts that helped the case against Modisette move forward. She says the sexual abuse she suffered affected her very negatively, and she feels blessed because he can't hurt anyone else.

"I pray for him and his family, but also for every victim and every family member of every victim he's ever affected," she said. "I've forgiven him and I still pray for him."

ARREST

Continued from page 1

an arrest under the new law.

"What it does is it prevents people who have been together from taking pictures of each other and posting them somewhere after they break up," he said. "In this case, apparently, Mr. Nelmas and his girlfriend broke up. He attempted to get back together with her, but she apparently didn't want anything to do with him."

Her apartment was bro-

ken into and during the break-in, her computer was damaged and had a photo of herself on the computer, the chief said.

"The photo was on a camera and she downloaded it to her computer," he said. "And she felt real strongly that it was Mr. Nelmas who had broken into her apartment. She confronts him, he denies it."

The chief says the victim told Nelmas that if he fixed her computer then she would not press charges on the break-in. He gets the computer fixed and returns it to

her.

"After he had access to the computer and after he had the computer fixed, all of a sudden this copy of this one photo that was on her computer that no one else had access to started being posted to the neighbors' doors," Cropper said. "That's when she came and filed a report and explained that nobody else in this world could have copied this picture and stuck it to neighbors' doors except him."

Det. Keith King Jr. obtained a warrant for his arrest under the new law, he

said, adding Nelmas did not confess to committing the act.

The law is designed to protect individuals from having their private and personal images distributed or made public without their consent, officials with the governor's office said.

According to the new law, (House Bill 489), if Nelmas is convicted, penalties for this crime include fines not more than \$10,000, imprisoned with or without hard labor for not more than two years or both.




/mindenph

For News Updates

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TO LIKE



MINDEN MEDICAL CENTER IS PLEASED TO WELCOME OUR NEWEST PHYSICIAN

Mark Wilson, MD is bringing his passion for athletics and excellent surgical skills in **ORTHOPAEDICS & SPORTS MEDICINE** to Minden where he will offer individualized care for a wide range of patients including high school and college athletes to those considering joint replacement. Dr. Wilson will be practicing the latest techniques in arthroscopic surgery for joint preservation, cartilage restoration, ligament reconstruction, instability repairs and joint reconstruction of the shoulders, hips and knees.

"Tenacious" is the one word Dr. Wilson uses to describe himself. Running his first marathon at 16, his determination has followed him throughout his career. He understands how important an active lifestyle is and plans to incorporate his extensive training into the treatment of his patients so that they can "get back to work, sports and life."

Dr. Wilson is joining Michael Austin PA-C to form Wilson Orthopaedics & Sports Medicine. New patients are welcome to their clinic located at 216 West Union, Suite A in Minden.

Appointments may be made by calling (318) 299-6334.

Dr. Mark D. Wilson

Orthopaedics & Sports Medicine



PROFESSIONAL MEMBERSHIP

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Arthroscopy Association of North America and the Louisiana Orthopedic Association

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GENERAL ORTHOPAEDICS INTERNSHIP & RESIDENCY
University Health Shreveport, LA

SPORTS MEDICINE FELLOWSHIP
University of Wisconsin Madison, WI

PERSONAL

Dr. Wilson is a true sports enthusiast. He also enjoys camping, hiking, fishing, watching airplanes with his children Evan and Ella and attending their activities with his wife, Jill, including soccer and t-ball games.

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OPINION

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EDITORIAL
ROUND UP

The price of oil

The Advocate

The price of oil is sharply down from last year, but if there's one thing Louisiana has still got, it's lots of natural gas at a historically low price level.

That is of course good news for the metropolitan areas of the state, including big refineries in Baton Rouge and Lake Charles and in the River Parishes above New Orleans. They are consumers of oil, but the industry complex is also a huge consumer of natural gas for petrochemical manufacturing.

Those industries are important economic drivers, but what about regular automobile drivers? A number of business vehicle fleets have been covering to compressed natural gas instead of regular gasoline-powered engines.

An obstacle to wider acceptance of CNG vehicles has been infrastructure: Where do you go when you need a fill-up?

Fleet vehicles are typically fueled at CNG stations where they are based; there is also at least one station accessible for heavy-duty vehicles on South Choctaw Drive in Baton Rouge.

In Lafayette, a company recently opened a public CNG station on Verot School Road, one of several stations along the Interstate 10 corridor, including one in Houston. The addition allows fleet owners "to make the shift away from diesel and (extend) the range of CNG-powered fleets already on the road today," said TruStar President Adam Comora of the new station.

Will all this catch on? We are of course delighted to see a Louisiana product being used for vehicles. There seems little danger of natural gas running out, even with the increased use in vehicles and exporting of natural gas to other countries — the latter is also a dawning industry in Louisiana.

At the same time, electric vehicles are becoming competitive and longer-ranged, appealing to other motorists.

The marketplace will eventually decide if gasoline is to be widely replaced by alternatives, but today's lower gasoline prices suggest that it's a little harder sell right now for switching to CNG or electric cars.

And while there is no guarantee over the longer term that gasoline prices — or for that matter, natural gas prices — will stay as low as they are today, the fact is that Louisiana's oil and gas industry is leading the way in a revolution of productivity.

The combination of horizontal drilling and hydraulic fracturing — "fracking" — and enhanced methods of recovery are bringing more onshore oil and gas into the marketplace. This is a supply revolution in the supply-and-demand system, so prices will be down for a while. But the worldwide demand for energy will only increase and Louisiana's key role as a producer and refiner of petrochemical products is one our critical contributions to the economy of the globe, not just our nation.

With new outlets, such as vehicles and exports, Louisiana's natural gas production is a vital and growing element in our economy. We welcome these advances.

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USPS NUMBER 593-340

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The Minden Press-Herald is published Monday through Friday afternoon by Specht Newspapers, Inc. at 203 Gleason Street, Minden, Louisiana 71055. Telephone 377-1866. Entered as Periodicals at the Post Office as Minden Press-Herald, P.O. Box 1339, Minden LA 71058-1339. Subscription rate: In-parish home delivery \$11 per month; \$33 per three months; \$66 per six months; \$99 per nine months and \$132 per year. Out-of-parish mail delivery is \$14.50 per month; \$43.50 per three months; \$87 per six months; \$130.50 per nine months and \$174 per year. POSTMASTER: Send address changes to Minden Press-Herald, P.O. Box 1339, Minden, LA 71058-1339.



PERSPECTIVE

Flawed polls abound

Polling on the Louisiana governor's race released in recent weeks told us one thing for certain.

That is the race is locked up and no candidate is showing any signs of pulling away from the pack including Sen. David Vitter, who should be in cruise control en route to succeeding Gov. Bobby Jindal. After all, Vitter's a sitting U.S. senator who's been elected statewide two times in 11 years.

Yet, three polls that reared their heads over the past week that also are receiving a great deal of media attention raised eyebrows in some corners concerning their validity while two of them even suggested Rep. John Bel Edwards, the lone significant Democrat in the race, would defeat Vitter in a November run-off. Stranger things have happened; I just can't recall any.

It was a Democrat polling firm out of North Carolina by the name of PPP that initiated the narrative Vitter would be defeated by Edwards in November, assuming Vitter survives an onslaught of negative advertising between now and the primary election on Oct. 24. That's a big if, for it's obvious a majority of the voters may still have a problem with Vitter's past indiscretions in his

personal life. Polling tells us that, evidenced by Vitter's inability to put this race to bed in light of his overwhelming advantage on the fundraising and organizational fronts.

Before PPP's poll could be put through the wringer, The Advocate newspapers in Baton Rouge and New Orleans released a poll that the papers commissioned in conjunction with WWL-TV in the Big Easy. Clarus Research Group in Washington, D.C. conducted the poll whose findings gee-hawed with other polling released to the public in the not-too-distant past — that being Vitter and Edwards out front with a little more than 20 percent of the vote each while Public Service Commissioner Scott Angelle and Lt. Gov. Jay Dardenne hovered in the mid teens. The Clarus poll even projected that Vitter could not defeat any of the other major candidates under a run-off scenario.

Finally, there's the Cygnal poll, whose findings were forwarded to yours truly Monday night. It was flawed to say the least.

Allow me to explain. No. 1, the Cygnal survey was too white, meaning not enough black voters were polled. Just 19 percent of the respondents in the Cygnal survey were black, which is a far cry from the 26 percent to 28 percent of the vote that blacks will account for in the primary election in a little over three weeks.

No. 2, the Cygnal poll was too Republican. It projected

some 40 percent of the voters are Republican, which makes no sense since on election day no more than 30 percent of the voters who bother to vote will be Republicans.

And No. 3 and this is an important one, some 80 percent of the respondents in the Cygnal poll were contacted by via landline telephones. That's a big no-no in polling in Louisiana these days since some 38 percent of Louisiana's likely voters are cellular telephone users only.

Still, the Cygnal poll claimed Vitter was leading the race with 23 percent of the vote while Edwards ran a close second with 20 percent. Dardenne was third while Angelle was fourth.

Bear in mind that any polling released to the general public this close to the election was done for one reason only — influence the electorate. It's entirely likely as well that any polling released to the general public was manipulated to produce a particular finding.

In other words, ignore every poll you see over the next three weeks if it comes to your doorstep courtesy of a candidate or the media. You're being sold a bill of goods.

Anyone who remotely has any experience in politics knows that only the candidates know for sure how well they're doing in the polls, and they aren't telling anyone unless the news is good and they're trying to shake more money out of their donors.

PERSPECTIVE

Moneyed elites get richer the old-fashioned way: Stealing

With the 2016 presidential campaigns in full swing the burdens of the working middle class have taken center stage. And believe it or not, there is bipartisan support from the front-runners on a key issue brought up over and over again. Donnie Trump is for it. Hillary Clinton is for it. Jeb Bush is for it. Bernie Sanders is for it. Even Barack Obama is for it. And the American people are overwhelmingly for it.

The "it" that's drawing such broad support is the idea of ending a ridiculous tax loophole that was written by and for the richest, most pampered elites on Wall Street. An obscurely titled "carried interest" tax break allows billionaire hedge-fund hucksters to have their massive incomes taxed at a much lower rate than the one retail workers, Main Street businesses, carpenters and other modest-income people must pay.

Keep that carried interest tax loophole in mind when I tell you this number: 158,000. That's the number of kindergarten teachers in America. Their combined income in 2013 was \$8 billion. Here's another number for you: 25. That's the number of America's highest-paid hedge fund operators whose combined income in 2013 was \$21 billion. Yes, just 25 Wall Street greedmeisters hauled off \$13 billion more in pay than was received by all of our kindergarten teachers — the people we count on to launch the educations of the next generation.

Which group do you think is rewarded by law with the lowest rate of income tax? Right: the uber-rich Wall Streeters! Incredibly, Congress (in its inscrutable wisdom) gives preferential tax treatment to the narcissistic money manipulators who do practically nothing for the common good. Even flamboyant celebrity narcissist Donnie Trump sees through the gross inequality of this tax scam: "The hedge fund guys didn't build this country," The Donald recently barked. "These are guys that shift paper around, and they get lucky. The hedge fund guys are getting away with murder." Indeed, while dodging through this loophole, they pay about half the tax rate that kindergarten teachers are assessed.

In effect, Wall Street's puppets in Congress let this tiny group of moneyed elites steal about \$18 billion a year that they owe to the public treasury to finance the structure and workings of America itself.

This privileged treatment of pampered paper and money shufflers over people who do constructive work in our society adds to America's widening chasm of inequality. It's so unfair and unpopular that even Donald, Hillary, Jeb, Bernie and others are saying that it has to go. So it's bye-bye, loophole, right?

Ha — just kidding! Trump can mouth all he wants, but no animal hath such fury as a hedge-funder whose special tax boondoggle is threatened. Trump had barely gotten the word "unfair" out of his puffy lips before the tax-loophole profiteers deployed battalions of lobbyists, PR flacks, and front-group operatives out to defend their precious carried-interest provision. One group, with the arcane name of Private Equity Growth Capital Council, rushed a dozen Gucci-clad lobbyists to Capitol Hill to "inform" lawmakers about the virtues of coddling Wall Street elites with tax favors.

Of course, "informing" meant flashing their checkbooks at key members of Congress. After all, even the loudest blast of political talk is cheap — and it's the silent sound of a pen writing out a campaign check that makes Washington World keep spinning in favor of the rich.

Sure enough, Rep. Paul Ryan and Sen. Orrin Hatch, the two lawmakers who head Congress' tax-writing committees, quickly announced that — the will of the people aside — there would be no repeal of the hedge-fund loophole anytime soon. The inequality that is presently ripping our society apart is not the result of some incomprehensible force of nature, but the direct result of collusion between financial and political elites to rig the system for the enrichment of the few — i.e., themselves — and the impoverishment of the many. There's a word for those elites: thieves.



JIM
HIGHTOWER

Share your thoughts.

Email Letters to the Editor to bruce@press-herald.com.

Around Town

Oct. 1

St. Rest Baptist Church's 150th Anniversary will be celebrated with revival services featuring evangelist the Rev. Rene' Brown at 7 p.m.

The Minden Planning Commission will be meeting at 10 a.m. in the Pelican Conference Room at City Hall

Oct. 3

Anna Pink Ribbon Cancer Foundation 5K Run/Walk at 9 a.m. (Registration starts at 8 a.m.) at the Capital One on Main Street. Register online at <http://www.sportspectrumusa.com/>. Call 318-639-5035 for more information.

Oct. 4

Valley Springs Baptist Church's 111th Anniversary will be celebrated at 2:30 p.m. with special guest the Rev. James F. Smith

Just Faith COGIC's anniversary will be celebrated at 3 p.m. with guest speaker Pastor Ricky Dixon.

Oct. 5

The Webster Parish School Board will meet at 6 p.m. in the board room for its monthly meeting at Central Office located at 1442 Shennard St.

Oct. 6

The Webster Parish Police Jury will meet at 9 a.m. in the jury's committee meeting room on the third floor of the Webster Parish Courthouse. The monthly meeting will begin at 10:30 a.m., in the jury meeting room on the second floor.

Oct. 10

Webster Parish Relay For Life for the American Cancer Society will be from 3 until 10 p.m. at the Minden Recreation Center. There will be a car show, kids games and bouncing house, entertainment and a special ceremony supporting cancer survivors and honoring those who have been taken.

Pink Pearl Tea at Orleans on Main at noon. Call 318-639-5035 for more information.

Oct. 11

West Lake Baptist Church homecoming will be at 10:30 a.m. with guest pastor Bro. Eddie Sowders and musical guest Aaron Watson and Friends



Banks-Strong American Legion Auxiliary Girls State Representative Cindy Kauffman Richardson presented Girls State citizens Abby Fields, left, and Taylor Hughes, right, with a Certificate of Appreciation. Cindy Richardson/ Courtesy Photo

Auxiliary Unit 166 celebrate Girls State citizens

CINDY RICHARDSON
Special to the Press-Herald

SPRINGHILL - Banks-Strong American Legion Auxiliary Unit 166 celebrated its 2015 Girls State citizens who traveled to Northwestern Louisiana University in Natchitoches in June to attend statewide Girls State. The meeting was held at 7 p.m. Tuesday, Sept. 15, at the American Legion Hall in Springhill.

Our attendants were Abby Fields of rural Sarepta and L. Taylor Hughes of Sarepta and their families.

Their parents and grandparents were at the meeting to support these wonderful young ladies. Hughes stated that she wants to go back as a counselor. That was heartwarming news to

U.S.

Parents of Fields included her mother, Karen Magee Fields of rural Sarepta, and her father, Greg Fields of Springhill. Her grandparents in attendance included Linda M. Beshea of rural Sarepta and Helen Fields of Springhill.

Parents of Lacy "Taylor" Hughes included her mother, Lori DeMoss Hughes of Sarepta, and her father, Pat Hughes. Her grandparents in attendance were Mr. and Mrs. Garland Hughes of Sarepta.

Each young lady was given a copy of our Preamble to our American Legion Constitution and after dinner, Girls State Representative Cindy K. Richardson presented each with a certificate of appreciation for attendance at Girls State.

The Banks-Strong American Legion Auxiliary consists of Interim President Pat Kellogg of Springhill, Secretary Idelle Simms of Old Shongaloo and Treasurer Cindy Kauffman Richardson of rural Sarepta.

Any young lady interested in a career in law, law enforcement, or politics should consider this advantage.

We encourage any juniors this year that are interested in attending Girls State to contact Cindy K. Richardson at 847-4480 and we request an essay on your reason for wanting to attend Girls State. This is also part of the application process.

The American Legion of Springhill would like to take this opportunity to express our appreciation to Pizza Pro for providing a pizza every month for our meeting.

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SPORTS

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SPORTS briefs

MLB Blue Jays clinch AL East title

BALTIMORE — Champagne and beer was spraying everywhere. Cigars were lit, and laughter filled the clubhouse.

It had been 22 years since the Toronto Blue Jays won the AL East, and they celebrated the occasion with the appropriate fanfare.

Wearing shirts that read "The East Is Ours," the Blue Jays yelled and screamed with delight in an appropriate conclusion to their unstoppable, two-month run.

With a 15-2 victory over the Baltimore Orioles on Wednesday in the opener of a double-header, Toronto eliminated the New York Yankees from the division race and claimed its first title since 1993. The suspense ended quickly as the Blue Jays built a 4-0 lead in the fourth inning before adding four unearned runs in the fifth.

The Blue Jays waited so long for this, there were two celebrations. After the first game, the players whooped and hollered and hugged around the mound. Because there was a another game to be played, the alcohol and cigars were put off until after the nightcap, which the Orioles won 8-1 against Toronto's reserves.

In the opener, Marcus Stroman (4-0) allowed one run and five hits with eight strikeouts in his fourth start since returning from left knee surgery.

PITTSBURGH — The celebration has become a fall ritual for the St. Louis Cardinals. The champagne showers. The rowdy sing-alongs. The giddy clubhouse joy.

Yet it doesn't get old. Not for this group. Not after an emotionally draining season in which they somehow powered themselves to a third straight NL Central title, the clincher coming in an 11-1 dispatching of Pittsburgh in the second game of a double-header on Wednesday night that served as an exclamation point on a year unlike any other.

"Tell me another team that is going to lose their ace and their three-hole hitter and is going to win 100 games?" third baseman Matt Carpenter said, his eyes dripping with celebratory booze. "It's just not going to happen and we found a way to do it."

Jason Heyward's third-inning grand slam led the way and Tyler Lyons (3-1) did the rest, shutting down the Pirates for seven innings in a spot start that exemplified the attitude the Cardinals have adopted during a turbulent summer in which they somehow grew stronger even as their stars went down.

MLB Cardinals clinch NL Central title

HIGH SCHOOL FOOTBALL RIVALRY RENEWED

GLENBROOK GOING FOR BIG DISTRICT WIN AGAINST CLAIBORNE

BLAKE BRANCH
blake@press-herald.com

It's no secret that Glenbrook School and Claiborne Academy aren't the best of friends.

The Apaches and Rebels have shared some classic battles on the gridiron, and both schools have enjoyed plenty of success over the years.

This year, the success hasn't been up to the standard of either program, but throw out the records. This game is about bragging rights.

"Anytime you're playing a game like this you forget the records," Glenbrook head coach Caleb Carmikle said. "It's something that a lot of people around here are really passionate about. I can't even tell you how many people have come up to me this week and told me how much this game means to them. The energy level has definitely risen."

Glenbrook and Claiborne met in the jamboree before the regular season in a tune up that ended in a brawl.

That's nothing new to the two schools, but it's not something Carmikle wants to see repeated.

"It's an emotional game," Carmikle said. "You want to play with a lot of emotion or you're going to get beat, but we won't tolerate that extra-curricular stuff and our kids know that based on how we've handled some situations this year. We're going to get after it between the whistles, but after the play get back in the huddle."

Carmikle said the Rebels have changed their offensive philosophy since that early season meeting.

"The past couple of weeks they've made a commitment to the ground game," Carmikle said. "At the beginning of the year they were a spread-based team, but they've shifted some personnel and started trying to run the foot-

ball. They have a couple of kids who can really go."

Glenbrook has had a hard time putting points on the board in a new system, but saw progress last week by putting up 13 points in the first half against River Oaks. With their biggest rivals coming to town, Carmikle hopes this is the week it all comes together.

"We hit on the positives of our first half performance against River Oaks," Carmikle said. "We're trying to build off of that and combine the different posi-

tives we've seen from each week. Putting it together for a whole game is the key. I really feel like we have some advantages this week out on the edge with our skill guys. If we can just be consistent and make plays for four quarters I feel like we'll score a lot of points this week."

Against a new-look Claiborne offense dependent on running the ball and controlling the clock, the gameplan doesn't change much for the Apache defense.

"Pretty much everybody we've

played this year has been run heavy," Carmikle said. "We feel like the strength of our team is our linebacking core. This week we'll be leaning on Lyle Reagan, Drennan Keen and Garrett Sanders to make some plays."

We're excited about playing this game at home and have been doing some things to try and get a larger crowd out for this game. It should be an exciting night."

The Apaches and Rebels will kickoff at 7 p.m. from Apache Stadium.

CARMIKLE



Braxton Stuckey/Courtesy Photo

NATIONAL FOOTBALL LEAGUE Saints must improve fast



METAIRIE — Saints safety Kenny Vaccaro hears the panic in the voices of football fans in and around New Orleans.

He does not, however, hear it in the locker room. At least, not yet.

The Saints are winless after three games, but they've been competitive in all three, giving them at least a measure of hope they can find a way to start winning in time to remain relevant in the NFC. Their next chance comes Sunday night in the Superdome against the Dallas Cowboys.

"You know it's coming when some team's 0-3; the sky is falling outside of here," Vaccaro said. "You know we are going to hear it, but we just have to stick together and focus on Dallas. We have a great locker room. We are all pretty close, a lot closer than last year. So I think this adversity isn't as big an issue as it would have been last year."

Last year, the Saints lost

their first two games. They wound up 7-9 and out of the playoffs.

This season, NFC South foes Carolina and Atlanta are already 3-0, meaning the Saints are already three games out of first place.

"It's certainly a hole. There is no way to sugarcoat that," coach Sean Payton said. "We can't go play this game quickly enough and because, listen, there is that since of urgency to get a win."

Then again, the Saints have at least one reason to be pleased that kickoff isn't until Sunday night as opposed to, say, Thursday night. That reason is the health of quarterback Drew Brees, who on Sunday missed his first start because of an injury in his career (although he was benched based on performance during his first few NFL seasons with San Diego).

Brees is optimistic he'll return soon from a bruised rotator cuff in his right



PAYTON

(throwing) shoulder, but Payton said Monday it was too soon to say when exactly that would be.

Then again, Payton has often displayed an inclination to preserve any element of mystery he can in the week leading up to a game.

"I would say optimistic, and yet we'll just pay attention to his symptoms and strength," Payton said about Brees' chances of playing this Sunday. "I don't know that there's more clarity. The thing that's positive is the progress daily."

If Brees cannot play, the Saints can at least be confident in their ability to move the ball regardless, given the numbers backup Luke McCown put up in his first start since 2007.

McCown went 31 of 38 for 310 yards in a 27-22 loss at Carolina. He had the Saints in range of a go-ahead touchdown inside the final two minutes, but his pass intended for Brandin Cooks in the end zone was intercepted by Josh Norman, who made a leaping, twisting catch.

"We have to know that we're not that far away," McCown said. "If we start listening to the outside noise, too much about how we're 0-3 and we're so far back in the division, then it will pile on."

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Minden Press-Herald and Howard Lumber ATHLETE OF THE WEEK



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The Press-Herald's Athlete of the Week feature is brought to you every other Thursday by Howard Lumber in Minden.

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ALONG THE WAY

Facing old man trouble...again

It seems that trouble is always hanging round, ready to pounce on us. No one is exempt, nor can we avoid it completely. Life is made up of a mixture of good times and bad times, mountain tops and valleys, rivers and deserts. We make choices each day that impact how we deal with such issues.

Consider Adam and Eve's choices in the Garden of Eden. God gave them clear instructions about the garden and what to do and not to do. But Old Man Trouble (disguised as a serpent) slyly came upon the scene and planted doubt in

Eve's mind. God told Adam, "You are free to eat from any tree in the garden, but you must not eat of the tree of knowledge of good and evil..." (Gen 2: 16-17). In relaying this message to Eve, it seems that he mis-communicated or she misunderstood. But the serpent knew how to wiggle himself into the picture and place doubt in Eve's mind. "Did God really say – 'you must not eat from any tree in the garden?'" Eve answered this way: "We may eat fruit from the trees in the garden, but God did say, 'You must not eat fruit from the tree that is

in the middle of the garden, and you must not touch it, or else you will die."

"You will not surely die," the serpent said to the woman, placing a question mark there. That's what he wanted, to create a crack, a wrinkle and slide a little doubt into the crack. He knew then he had a 'hit'. She took the bait, and in time convinced Adam to 'taste this delicious fruit.' And sin entered into the perfect Garden of Eden. Man. nor the world, has been the same since that fateful act of disobedience. And soon problems arose. Old Man Trouble had come to stay.

God drove them from the Garden; Cain killed his brother Abel; and soon sin and evil was having a heyday! And it continues today. Yes,

today, there is a push to redefine 'sin' or eradicate it from the dictionary of life. (Too harsh, makes folks feel guilty, just a word Christians use and if you are not a believer, it has no relevance, etc.). We read or hear about 'this old man' every day – he has a way of convincing us that 'right is wrong, black is white, everything is relative (it's just whatever you want it to be), moral values are outdated so every generation can create their own system, the Bible is outdated, God's laws have no place in our society, marriage can be defined however you want to, etc. That Old Man Trouble (the Devil) is busier now than ever it seems. He stalks us at the news stand, he lures us to the theaters and leads us down the pathway to porn

hits on the computer or pay-for-view movies. You can see him on the street corner, seeking to lead us into lifestyles where destruction is waiting with open arms. He is blinded to the "I" in sin. He tells us life is all about "I, me, my, mine". He is a con-niver, a deceiver and a liar. Jesus called Satan the 'father of liars'.....meaning those following him are headed for no-good, heartaches, pain and sorrow...maybe not today, but on down life's road.

Stay away for those who will lead you down the path of temptation, who rob you of your youth and innocence; those who steal your identify and leave you in the gutters of life to die there or 'get out of it on your own.' This is the same one who is always

hanging around seeking to steal, harm or kill "sheep from the flock that might be a bit weak or lame." Paul warns us to be aware of those dogs...they are out to kill. Over the hill or behind the shacks in life...just know there is Old Man Trouble waiting to turn his dogs loose on you.

The writer of Proverbs (1-10) has much advice about seeking wisdom, the eternal foe of what Old Man Trouble is peddling. Read these chapters and seek to employ the wisdom Solomon offers. The Father of Love and Compassion, Forgiveness and Grace is always knocking on your heart's door – wanting to come in and fellowship with you. We have a choice to make! Which one will you entertain today?

THE BIBLE SPEAKS

Non-Christians saved?

As Christians we know that Jesus made provision for the salvation of all, even for those, who by their own choices will be eternally lost. Jesus is the only Way to salvation. But what about those who never have the opportunity to know Jesus --will they all be lost?

Psalms 87 provides an insight into God's judgment of indi-

viduals. After mentioning God's people in Zion, various heathen nations are named and then verse 6 states "The LORD shall count, when he writeth up the people, that this man was born there". God does take into account the circumstances of our lives. He weighs the opportunities we've had or been deprived of. He knows how we might

have reacted given different circumstances.

"I am the good shepherd, and know my sheep, and am known of mine. . . And other sheep I have, which are not of this fold: them also I must bring and they shall hear my voice" John 10:14, 16. Jesus, as our good Shepherd, cares for each of His sheep in the Christian church. What is clear from this text is that He has many "sheep" outside of Christianity who He intends to unite with His fold as they respond to His call.

Even though one may

never hear the name of Jesus, He created us to seek after Him. "(God) hath made of one blood all nations of men for to dwell on all the face of the earth . . .That they should seek the Lord, if haply they might feel after him, and find him, though he be not far from every one of us" Acts 17:26, 27. So, even the heathen have in their hearts a desire for God.

Romans 2:13-16 "(For not the hearers of the law are just before God, but the doers of the law shall be justified. For when the Gentiles, which

have not the law, do by nature the things contained in the law, these, having not the law, are a law unto themselves: Which show the work of the law written in their hearts, their conscience also bearing witness, and their thoughts the mean while accusing or else excusing one another;) In the day when God shall judge the secrets of men by Jesus Christ according to my gospel." We find that there are heathen, Gentiles, who are doers of the law written in their hearts. They've never known

of the law – never known Jesus, the Law-Giver, but they have responded to the law and love of God within, and by that they will be judged safe to save. Imagine the joy that will be theirs when in heaven they meet their Savior whom they have unknowingly served here on earth.

Kathryn Irizarry is a member of the Seventh-day Adventist Church.

REFLECTIONS OF FAITH

The key of missionary success



MARY C ALLEN

"For the Son of Man came to seek and to save what was lost" Luke 19:10

If Satan cannot prevent a great movement for God, his craftiest trick is to try to ruin the movement. Only mighty prayer will save the movement from being materialized and keep the Spirit of the movement strong and alive. The key of all missionary success is prayer. That key is in the hands of the churches. Financial resources are not the real muscles of war in this fight. Machinery carries no power to

break down heathen walls and win heathen hearts to Christ. Prayer alone can accomplish this. A word of prayer from Minister Mary C. Allen. Father God, the key to all missionary success lies in our prayers rising up to you. Guide us and strengthen us to keep on praying even when words fail us. Amen. Minister Mary C. Allen's prayer line is 318-265-4352 and always open - Monday through Saturday - anytime of the day or night for your prayer request.

THE UPWARD LOOK

Servant and spokesman



MAX HUTTO

"Simon Peter, a bond-servant and apostle of Jesus Christ, to those who have received a faith of the same kind as ours, by the righteousness of our God and Savior, Jesus Christ." 2 Peter 1:1 NASB

In the beginning of this second letter, Peter uses both his Hebrew name, Simon, and his Greek name, Peter. He describes himself both as a bond-servant, which is a slave, and an apostle, which is a messenger sent out by Jesus. He describes himself as one under the authority of and as one who represents Jesus. He was an obedient spokesman for

Jesus Christ. Peter was writing to people who, like him, had placed their faith and trust in Jesus. Their life and salvation was not by their doing but only by Christ's righteousness.

Lord Jesus, there is nothing I can do to be made right in Your sight but to place my faith and trust solely on Your righteousness. I desire to be Your obedient servant, telling others of Your grace, mercy, and love.

Max Hutto is a Baptist Minister and a resident of Minden. More information can be found at www.upwardlook.org.

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“Men ought always to pray.”

Luke 18:1

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Forgive Yourself

That we tend to remember misdeeds years (and sometimes even decades) after the original offense says something important about us. That is, we are deeply imbued with a sense of morality, and when we have committed a serious offense, especially one which hurts another person, we may have trouble getting over the shame and humiliation, even long after the other person has forgiven us. But what good is holding onto all of that shame and humiliation?

We may never forget the wrong committed, and the other person probably won't either, if it was something serious, but we should try to find it within ourselves to forgive ourselves. Jesus died for all of our sins, even the ones we can't seem to forgive ourselves for, and not forgiving ourselves is tantamount to not trusting that God has forgiven us. A good question to ask in these circumstances is whether, knowing what you know now, you would still commit the sin. If the answer is no, then you have learned your lesson and it's time to move on. — Christopher Simon



"But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin."
—1 John 1:7 NIV

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Growing Valley Missionary Baptist Church
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Hefflin Baptist Church
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300 Camp St. • Minden

Mt. Nebo Missionary Baptist Church
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New Birth Ministries
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New Light Baptist Church
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New Ramah Baptist Church
Hwy. 153 South • Ashland • 544-8473

New Zion Baptist Church
Childs Road, Evergreen Community
377-8500
New Zion Baptist Church
570 Ames Cutoff Rd. • Dayline • 745-2700

North Acres Baptist Church
1852 Lewisville Rd. • 377-4315
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Pilgrims Rest Baptist Church
211 Pilgrims Rest Church Rd. • 949-6166

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Fryeburg • 377-5215
Pleasant Grove Missionary
Baptist Church
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Salem Baptist Church
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Saint James Baptist Church
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St. John Divine Baptist Church
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St. Mark Baptist Church, Dayline

St. Rose Baptist Church
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Union Grove Baptist Church
Pearl Farm Rd. • 377-6152
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Valley Peace Baptist Church
707 Crow • Cotton Valley • 832-4463
Valley Spring Baptist Church
212 Fuller Rd. • 377-5773

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16330 Hwy 371 • 377-5775

Zion Hill Baptist Church
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222 Maiden Lane • 377-9120
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Church of Christ
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Northside Church of Christ
613 Constable

CHURCH OF CHRIST IN GOD
Faith Temple Doctrinal
Church of Christ in God
414 Midland • 377-3325

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Church of God in Christ
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Oreighton Hill Church of God in Christ
508 Oreighton
Forest Chapel Church of God in Christ
310 Gum St. • 377-0605

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Church of God in Christ
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Longspring Church of God in Christ
518 Constable St. • 371-0367

New Beginnings Church of God in Christ
719 East St. • 377-6160
Sibley Church of God in Christ
276 Weatherston St. • 377-5013

Tilman Church of God in Christ
EPISCOPAL
St. John's Episcopal Church
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Praise Temple of Minden
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New Life Fellowship Church
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Jehovah's Witnesses
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The Church of Jesus Christ of
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Immanuel Lutheran Church
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Dubberly

Dayline United Methodist Church
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Evergreen Road • Minden • 377-0857

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Corner of Yale & Fairview
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Webster Memorial CME Church
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Minden Christian Center
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To God Be The Glory Deliverance
Outreach Ministries
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Vineyard Christian Fellowship
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First Pentecostal Church
Gibbsland • 843-6528 or 371-4582
First United Pentecostal Church
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United in Christ Pentecostal Church
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Minden Seventh-Day Adventist Church
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New Start Seventh-Day Adventist Church
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‘Dancing with the Stars’ requires grit, pain tolerance

LOS ANGELES — "Dancing with the Stars" brings to mind words and phrases including "waltz," "paso doble" and "that's a star?" Then there's this one: "Ouch."

There have been so many injuries and health woes over so many seasons of ABC's dance contest that it could be renamed "Triage with the Stars." Even Olympians have been felled by the seriously grueling demands of competitive ballroom dancing.

This season's first casualty was Kim Zolciak Biermann of "Real Housewives of Atlanta" fame, whose crisis came off the dance floor. She was flying home from Los Angeles after working on the show last week when she suffered a so-called mini-stroke that put her in the hospital. She helpfully posted a sickbed snapshot.

Zolciak Biermann has reported a full recovery but was dropped under series' rules because she missed a performance. She's campaigning to get back on the series airing 8 p.m. EDT Monday, proof of its addictive nature.

There's more than bragging rights at stake. "Dancing with the Stars" has helped contestants rev up their careers and even reshape their images, as happened when Jerry Springer, the king of rowdy TV talk shows, waltzed his way to a more lovable public persona.

But the earliest years of the show seemed to carry less risk, with scant physical fallout on the books. Is the quest for the mirror ball trophy becoming more competitive? Or are American celebrities, along with the rest of America, becoming less fit? Nah, impossible, with zero still the preferred dress size in Hollywood.

Here's a tally of the more seriously afflicted since the show's 2005 debut, including one professional dancer. As a

testament to their dedication, only a handful of the 200-plus contestants to date have withdrawn because of health problems.

» Marie Osmond faints in season five, citing windedness from air pollution.

» Cristian de la Fuente suffers a bicep tendon rupture in season six, refuses surgery and dances on.

» Two-time Olympic beach volleyball gold medalist Misty May-Treanor leaves the show in season seven after tearing her Achilles tendon in rehearsal.

» Former House Majority Leader Tom DeLay drops out of season nine because of foot problems.

» Jewel (tibia fractures in both legs) and Nancy O'Dell (a torn meniscus) fail to make it out of rehearsals in season eight.

» Pro dancer Kym Johnson hurts her neck during season 12 rehearsal but ends up a winner with partner Hines Ward.

» Melissa Gilbert gets a mild concussion and whiplash in season 14 after hitting her head on the dance floor.

» Lisa Vanderpump of "Real Housewives of Beverly Hills" faints during rehearsal in season 16, blaming fatigue, possible flu.

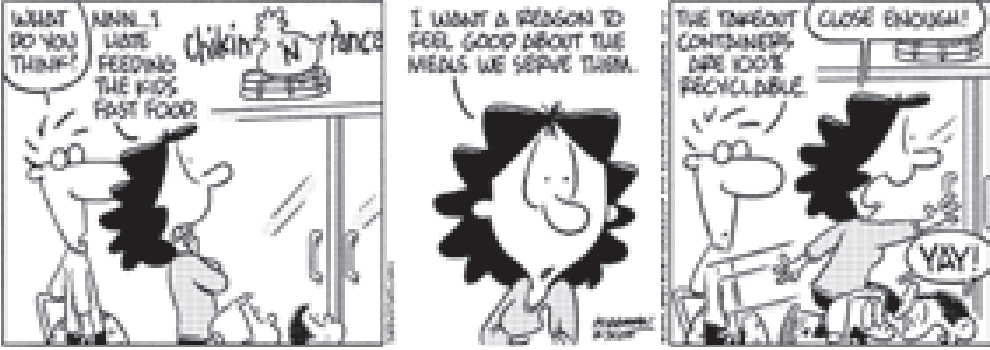
» Olympic figure skating gold medalist Dorothy Hamill is another season 16 casualty, withdrawing from the show because of pre-existing health conditions.

» Bill Nye, aka The Science Guy, suffers a leg injury in season 17, then gamely dances wearing a brace.

» Billy Dee Williams drops out of season 18 because of chronic back pain.



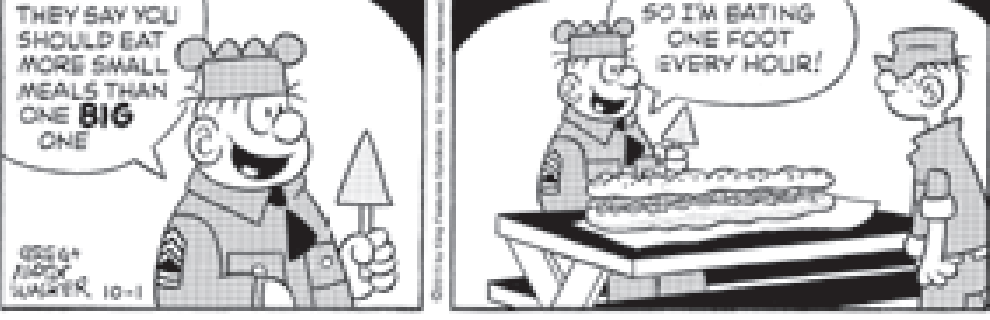
BABY BLUES | RICK KIRKMAN AND JERRY SCOTT



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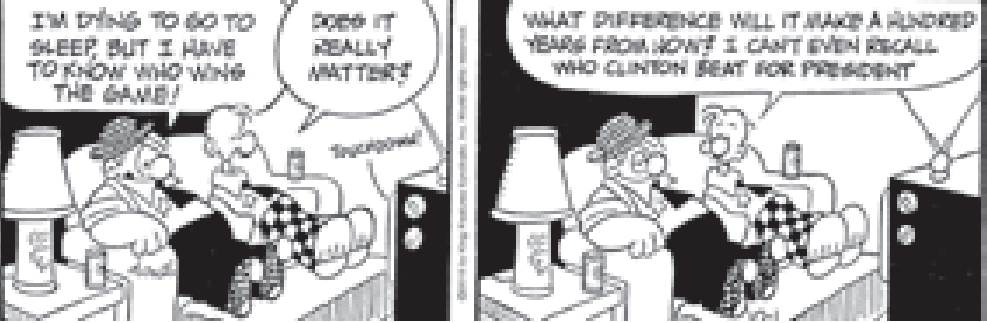
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Real Estate Not ice

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MEAT CUTTER Save A Lot (Minden) is looking for an experienced Meat Cutter or someone with Market experience to be trained as a meat cutter. Qualifications: At least 18 years of age. Have some experience working in a market. Have a High School Diploma or equivalent. Have reliable Transportation. Work Varied Hours and Days. Able to Pass Drug Testing. Please contact Derick Sanders or Melody Palmer at 318-377-8482

NEEDED! F/T Day CNA's, P/T CNA other shifts. Leslie Lakes Retirement. Ph: 318-263-9581. **NOW HIRING** qualified servers, hostesses and food runners/ bussers. Email contact information and previous work experience to admin@myromas.com.

VAC TRUCK DRIVERS NEEDED Stallion production services in homer & haughton, la is seeking vacuum truck drivers. Must have clean record and pass drug/alcohol/worksteps. Benefits include: competitive pay, medical/dental/vision insurance-2 plans to choose from-, 401k w/ co match, long & short term disability, 5/2 schedule. \$500 sign on bonus pd after 90 days excellent emp record. Apply in person @ 7034 hwy 79 n, homer, la or 205 hwy 164, bldg. A, haughton, la or email resume to jrolen@sofs.cc

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GARAGE SALES

148 SOUTH TANGLEWOOD DR., Minden (off of Hwy 159, Lewisville Rd.) Friday, 7:00a.m. till 5p.m., and Saturday, 7a.m. till 2p.m. New supplies for the small business owner, church or home. Catering/picnic supplies, trash bags, homemade jellies, cookbooks, cookware, Jamberry nails, headbands and flowers, range hood, chest waders, light fixtures, long reach saw, live trap, hose mobile, cooking oil, heavy duty stapler, pet supplies, cleaners, garden sprayers, Also greens and peppers fresh from the garden.

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RINGGOLD NURSING AND REHABILITATION CENTER FT CNA's needed All Shifts Apply at <http://ringgoldnursing.iaplicants.com> or call Jessica at (318) 894-9181.

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2 FAMILY GARAGE SALE 186 East Colbert (Smithwood Subdivision), Sat, Oct 3 8am-2pm. Household items, clothing, Western boots & hats, what nots, Christmas decorations, collector items and more.

203 RICE ROAD 4 Miles North of Dixie Inn off hwy 371. Friday and Saturday 8:30am-5pm. Huge garage sale. lots of furniture, Oak china cabinet and dining table, Oak coffee and end tables, couch and two chairs, wooden rocker, white dresser and bed, one adjustable electric bed, 2 day beds, and home care equipment, tv's and much more.

243 NORMANDY LANE. Beaver Creek Subdivision. Large Multi Family Garage Sale! Sat. Oct. 3rd. 7am-until. Furniture, kids items, dog kennel, and other miscellaneous items.

307 PHILIP ST. (off country club circle) Saturday, Oct 3rd. 7 to 11. Multi Family Garage Sale! Adult and small children clothes, baby gear, toys, antiques, dishes, misc.

469 WALTER LIONS Big Sale! Buy one or buy all! Come check it out! Friday and Saturday! 8am-Until!

804 NELLA Friday and Saturday. NO EARLY BIRDS!

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Vehicles may be viewed by appointment. Appointments for viewing and vehicle specifications may be obtained from the above address or by calling 377-7022, during the hours of 8 a.m. - 4:00 p.m. The Webster Parish Police Jury - Office of Community Services reserves the right to reject any and all bids, waive informalities, and accept the lowest responsible bid. The successful bidder shall be responsible for removal of the vehicles from the premises, within 3-business days.

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October 1 & 8, 2015
Minden Press-Herald

I, Jewell DePriest, will no longer be responsible for any debts other than my own as of September 28th.

October 1 & 2 & 5, 2015
Minden Press-Herald

Webster Parish Convention and Visitors Commission Minutes June 9, 2015

The Webster Parish Convention and Visitors Commission met at 8:00 AM on Tuesday, June 9, 2015, at the Germantown Museum. Present at the meeting were Chairman Kerry Easley, Commissioners Jerry Madden, Ty Pendergrass, and Francis Irving and Nickey Patel. Absent were Mary McKinney and Lamar Smith. Also, in attendance were WPCVC Director Lynn Dorsey, Office Assistant Johnnye Kennon and Michelle Bates representing the Minden Press-Herald and Tanya Capps representing the Springhill Press. The meeting was called to order by Kerry Easley and opened with the Pledge of Allegiance and a prayer by Ty Pendergrass. A motion was made by Ty Pendergrass and seconded by Francis Irving to approve the minutes of the last meeting. The motion was passed. A motion was made by Francis Irving and seconded

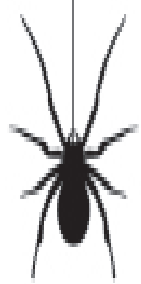
by Jerry Madden to accept the Financial Report. The motion passed. Director Lynn Dorsey brought the Commission up to date on current activities and projects. A motion was made by Francis Irving and seconded by Ty Pendergrass for Hefflin Festival Committee. The motion passed. A motion was made by Ty Pendergrass to approve an advertising grant for Sarepta Festival Committee. The motion passed. A motion was made by Ty Pendergrass and seconded by Francis Irving to approve an advertising grant for Vintage Car Club of Minden. The motion passed. A motion was made by Ty Pendergrass and seconded by Francis Irving to adjourn the meeting. The motion passed.

Submitted by Lynn Dorsey

October 1, 2015
Minden Press-Herald

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KDSHP ODRSR: WNAFVNOGW. Yesterday's Cryptoquip: I DECORATED MY OFFICE WITH SOME LOVELY FERN LEAVES AFTER ALL, THAT'S WHAT FRONDS ARE FOR. Today's Cryptoquip Clue: Y equals H

CROSSWORD

CROSSWORD grid with clues and solution time: 25 mins.

Table with 11 columns and 11 rows representing a crossword grid.

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