

The Democrat

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Democrat Happenings

Springhill Cemetery Meeting

The Annual Springhill Cemetery, Inc. Meeting will be held on Monday, January 10, 2005 at 7:00 p.m. in the Cemetery Pavilion located in Ringgold, Louisiana.

Got an Old Cell Phone? DART Needs it For Funding

DART (Domestic Abuse Resistance Team) in the local area is asking the community to donate old cell phones that will produce needed funds for offices. This program is called the Shelter Alliance Fundraiser, which addresses environmental concerns, and provides domestic violence organizations a continual source of funds by simply collecting used cellular phones. DART will receive a monetary donation for every viable cell phone we send to Shelter Alliance.

DART will have a drop box at the Bienville Parish Sheriff's Office in Arcadia, the Sheriff's Sub-Station in Ringgold, and the DART Office located at 2306 Myrtle Street in Arcadia. If you would like more information go to www.shelteralliance.net, or contact Claire Crawford at 263-8860.

Arts & Craft Show At Bienville Parish Library

Through January 16, 2005, Arcadia Branch of the Bienville Parish Library will be displaying craft works by Gladys Coburn and Hazel Watts from Arcadia, and Chlorine Basinger from Saline. Also on display is art work by Bonnie Ferguson, a library patron from Athens. The Library invites everyone to come by and admire the work of these local area ladies.

Library Board Meeting Set

The Bienville Parish Library Board of Control will meet on Wednesday, January 12, 2005 at 2:00 p.m. in the Meeting Room of the Main Branch in Arcadia. This will be the regular quarterly board meeting. The meeting is open to the public.

Senior Citizen's Dance Set

The Red River Council on Aging will sponsor a Senior Citizen's Dance of Saturday, January 8, 2005 from 7:00 until 10:00 p.m. at 1824 Front Street in downtown Coushatta. Entertainment by "The Rhythm Ramblers" and refreshments will be served. Cover charge is only \$4 per person. For more information call 932-5721.

Classified Will Sell It!!

Pharmacy & Your Health

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263-2916

Treatment for Fungal Infection of the Nails

Fungal infection of the nails (medical term is *onychomycosis*), is a condition that affects up to 15% of the North American population. Although such infections can occur in the fingernails, most are found in the toenails. Fungal infections involving the toenails are associated with wearing tight footwear and for many, the use of public showers and locker rooms. It has been estimated that almost a third of all diabetics have a fungal infection of the nails due to circulation problems in the feet. The nail typically thickens and develops a yellowish-brown discoloration. A white superficial infection can develop on the surface of the nail. The infection can spread to other toes or the fingernails.

Although treatment of nail fungus can be successful, such treatment may take 9 months or longer. Recurrence of the infection is common. For white, superficial infections topical treatment with *clotrimazole* (Mycellex), *miconazole* (M-zone), or *terbinafine* (Lamisil) can be effective after removal of the infected portion of the nail. Lacquer like *ciclopirox* (Penlac) can also be effective topically. For deep, more involved infections that have reached the nail bed, oral medicine like *griseofulvin* (Grifulvin), *itraconazole* (Sporanox) or *terbinafine* (Lamisil) are sometimes prescribed.

Obituaries



Perry Allen Sanders, Sr.

Funeral services for Perry Allen Sanders, Sr. 76, were held at 11:00 a.m., Wednesday, December 29, 2004 at Rockett Funeral Home Chapel in Ringgold, LA. Officiating the services were Dr. A. A. Smart and Rev. Donald Woodard. Interment followed in Providence Cemetery in Ringgold, LA.

He was born April 13, 1928 in Homer, LA to Kenneth and Ellen Sanders. He passed away Monday, December 27, 2004 in Shreveport, LA.

Mr. Sanders was a member of Ringgold First Baptist Church for over 62 years. He was a charter member of Bienville Parish Rescue Squad and a 30 year member of the Ringgold Volunteer Fire Department. Mr. Sanders retired from Northwest Technical College in 1993 after 21 years of service where he had the first and only (Until recently) Auto Technician Class in the state - NATEF and ASE certified. Prior to teaching, he owned and operated Sanders A & A Services now Sanders Auto Glass. He was a member of the LA National Guard for eight years where he was a motor sergeant. He was a member and past Master of Mackey Lodge #122 and also a member of Scottish Rites and Knights Templar.

He is survived by his wife of over 52 years, Lois Sanders of Ringgold, LA; son, Perry Allen Sanders, Jr of Ringgold, LA; daughters, Pat Doane of Ruston, LA and Freida Mathews of Bossier City, LA; and grandchildren, Natalie and Christopher Mathews, Bridget Doane, and Derek, Colleen and Travis Sanders.

Pallbearers were Malcolm Batchelor, Larry Kennedy, Odell Wallace, Rex Woodard, Eugene Smith and John Bernard. Honorary Pallbearers were Donnie Robison, Steve Young, Travis Thomas, Clarence Mason, Leo Cook, Billy Todd, Irving Baggett, Dan Blacksher, Ray Sullivan and Charles Strong.

Wayne Perry Bumgardner

Services for Wayne Perry Bumgardner, age 74, were held Tuesday, December 28, 2004 at W G Hardy Valley Chapel in Louisville, Kentucky. Burial was at North Hardin Cemetery in Radcliff, Kentucky.

Wayne Bumgardner was born November 17, 1930 to U.Z. and Jeroline Perry Bumgardner, and died Saturday, December 25, 2004 in Louisville.

Wayne grew up in Ringgold, Louisiana and graduated from Ringgold High School in 1949. That summer he enlisted in the U.S. Army. His overseas assignments were multiple tours in Korea and Vietnam. His last duty post was Fort Knox, Kentucky, where he served for several years. He retired after 27 years of service and continued to make his home in Louisville. After his retirement, he enjoyed many hours in his garden.

Survivors include his wife, Kim of Louisville; daughter, Sue Harris and husband Winston of Radcliff; sisters, Jesolyn Del Papa of Tonopah, Nevada and Euzella Chase of Enterprise, Louisiana; brother, Blaine Bumgardner and wife Helen of Ringgold; and a number of grandchildren, great grandchildren, nieces and nephews.

Rena A. Blewer

Funeral services for Rena A. Blewer, 89, of Saline, Louisiana were held at 2:00 p.m. on Thursday, December 30, 2004 at Magnolia Baptist Church in Saline, with Rev. Junior Stokes and Rev. Malcolm Self officiating. Interment was in Carolina Cemetery under direction of Edmonds Funeral Home of Jonesboro, Louisiana.

Mrs. Blewer was born May 21, 1915, and passed away in Ruston, Louisiana on Tuesday, December 28, 2004. She was a retired cafeteria cook for Saline High School. She was preceded in death by her parents, William and Mattie Rogers; an infant brother, Rafoad Rogers; a brother, Cecil Lofton Rogers; two sons, William Edwin "Billy" Blewer and Reginald B. Blewer; two sisters, Nelwyn Wilkie and Delois Collinsworth.

She is survived by one son, Roger G. Blewer and wife Donna of Saline; sister, Ardell Pullig of Ashland, Louisiana; sister-in-law, Mrs. Mary Lois Blewer of Saline; six grandchildren, James R. Blewer of Saline, Tony R. Blewer of Saline, Melissa Howell of Danville, Louisiana, Jason W. Blewer of Saline, Timmy Blewer of Saline, Stephanie Blewer of Saline; 13 grandchildren; one great-great grandchild; a host of nieces and nephews.

Pallbearers for services were Ray Southern, Douglas Madden, Kenneth Roberts, William Britt, Travis Harper and Dwight Hurt.

Card of Thanks

From the Family of
Essie Ellen Kettler Farris

We would like to express our heartfelt appreciation to all of our friends and neighbors for the care and concern shown to Ellen during her battle with leukemia. The cards, calls, and visits brightened her final days.

The expressions of sympathy shown during and after Ellen's funeral have been comforting to us.

May God Bless Each of You!

Ralph Farris
Mary Claire Kettler

Thank You

We, the family of Brother Artus Ratling, Jr. would like to thank you for your presence, prayers, words of encouragement, monetary donations, calls, cards, florals, food, and all other acts of kindness shown during our time of bereavement.

We have been comforted by your expressions of sympathy during our time of sorrow. May God, whose love is everywhere, bless and keep you in His care.

Thanks Again
The Ratling Family

Thank You

To Mr. H.P. Vernon and Mr. Frank Davis, it has been a month and one-half since I received my rocks for my yard, and I would like to truly say thank you. Every time it rained I used to get stuck in my yard, but not anymore, thanks to both of you. So, I would like to say thank God for both of you, and wish both of you a happy New Year.

Lashundra
at 1135 Napoleon Street
Arcadia, Louisiana

Local News? A Subscription To The Bienville Democrat Will Bring It To You!

Administration Seminars in Arcadia

The LSUS Institute for Human Services and Public Policy will conduct non-profit administration seminars at Arcadia City Hall. The seminars are free, thanks to state funding for non-profit management education, obtained through the efforts of Sen. Sherri Smith Cheek of Keithville. Registration for the seminars, however, is required.

The seminars will include: January 12, 2005, Fundraising, 5:30 to 8:30 p.m.; January 26, Grant Writing and Strategic Planning, 5:30 to 8:30 p.m.; and February 17th, Volunteer Management, 1:00 to 4:00 p.m. For more information, call 318-795-4262.

Registration Form-Bienville Parish

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Evening and weekend appointments available

HEALTH TALK
with Dr. Buddy

Help with those New Year's Resolutions

► Look for a lot to be said in the next few days and weeks about the annual New Year's ritual for many Americans. Losing weight USA Today has already run an article stating that, at any one time, about a quarter of Americans are dieting. According to USA Today, most of us try to lose weight by "exercising more and eating smaller portions." Guess what? That's the best way to lose weight! In addition, some of us try cutting calories and a few actually count carbs.

► Almost 90% of New Year's resolutions have something to do with health. In fact, almost all of us have resolved to manage our weight at one time or another. How would you feel if you knew that this is your year to finally feel in control of your weight? I'll be writing about these questions during the next few weeks.

► The key to successful long-term weight loss and weight control is finding ways to eat that result in less calorie consumption that you can live with from here on out, and an exercise that you can stick with. Unless you have amazing self-discipline, it does no good to go on a diet you can't stand and an exercise program you dread. I hope to give you some ideas on how to accomplish this, and learn at the same time, because I need it, too.

Dr. Loring (Buddy) Barwick
Bienville Family Clinic.....263-7970

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- * One Year on the Job *
- * Repossession 1 Year Old *

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